

# THE FULBRIGHT PROGRAM IN THE RUSSIAN FEDERATION



## ПРОГРАММА ФУЛБРАЙТА В РОССИЙСКОЙ ФЕДЕРАЦИИ

**Handbook for American Fulbright Grantees in Russia  
Academic Year 2013-2014**

**May 2013**

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## CONGRATULATIONS AND WELCOME!

Congratulations on being selected as a Fulbright grantee to the Russian Federation. For those of you familiar with Russian history, you are already aware of Russia's great accomplishments in science, art, music and literature. You may not be as familiar with the changes that have taken place in Russia in the 21<sup>st</sup> century. Living conditions throughout the country have significantly improved since 2000. There is greater access to consumer goods, more possibilities for international travel and similar quantifiable marks of progress. Institutions, laws, and practices have become more standardized. Political activism among ordinary Russian citizens has increased. Culture continues to flourish, with galleries and art installations appearing in capital cities as well as regional centers. In short, you will have many opportunities to experience the vibrancy of Russia's history, culture and society.

Foreigners have played an important role in Russia, and they have likewise always attracted particular interest. In major cities, like Moscow and St. Petersburg, foreigners are a common sight, just as they are in big cities around the world. In more remote regions of Russia, you may find yourself a source of attraction simply due to the fact that you are foreign. The Fulbright Program is about cultural exchange, so we encourage every opportunity to share your experiences as an American with Russian colleagues, friends, and people you meet on the street. You will doubtless learn a great deal from these interactions. And while the majority of these cultural exchanges will prove a source of interest, learning and pleasure, it is important to be aware that you may also attract attention in less positive ways, such as being a potential target of pick-pockets. Therefore, it is necessary to always remain aware of your surroundings and to learn to rely on your hosts, friends and colleagues as you begin to venture out to experience your Russian surroundings.

As someone who will be living in Russia for an extended period of time (rather than simply visiting as a tourist), you need to be aware that there are legal responsibilities that come with this status. As will be covered in detail later in this handbook, you will be required to obtain an official invitation and then a visa in order to travel to Russia. Once in Russia, you will be required to register with your local hosts and to re-register each and every time you travel throughout Russia and, particularly, each and every time you depart and return to Russia. The rules and regulations for maintaining the required registration are complicated and subject to change. You should give your local hosts and the Fulbright Office as much advance notice as possible each time you plan to travel. As you will find, Russia can be a highly regulated and bureaucratic country at times. Those who run afoul of visa and registration procedures experience difficulties and incur large fines, both personally and for your Russian hosts. So, share your plans in advance and ask for help in following all relevant procedures.

Most Russian cities are filled with contrasts – luxurious office buildings, banks and apartment complexes often sit beside decrepit apartment houses and less maintained public spaces. High-end grocery stores, luxury cars, designer clothes and a selection of cafes and restaurants, once only found in Moscow and St. Petersburg, can now be found in many other large and medium-sized cities. Yet, Russia is not a consumer culture, as you will discover if you are patient and flexible. Much of what you encounter will not fit into any familiar categories. You will be alternately amazed, frustrated, angered, elated, fatigued and energized by what you find. One thing you will not be, however, is bored. Keep in mind that the efforts you will make to understand and/or change things while you are here may seem small, but every ocean is made of tiny drops.

The information contained in this handbook was valid at the time of its revision in May 2013. In Russia, however, things can change quickly and with no advance notice. Take what is written here at face value, and as the most accurate information available **today**. If you have specific questions as your time of departure draws nearer, contact the Moscow Fulbright Office, CIES, or IIE. Don't assume anything: ask and be certain.

This handbook tends to be Moscow-specific. While many Fulbrighters will be in Moscow, we recognize that those of you living in other cities need information which is specific to your situation. To that end, you are encouraged to read the final reports submitted by previous Fulbright scholars from those cities and to contact the scholars directly with specific questions. Though the Fulbright Office is physically located in Moscow, we have an extensive network of contacts with institutions and individuals in cities throughout Russia. We will be happy to help you answer questions and gather information on your host city. Feel free to e-mail us with specific questions and requests for information. In addition, we continue our efforts to gather information and handbooks for various Russian cities from Fulbrighters and their families. Please send the Moscow office anything you find useful in the course of your stay, and we will be happy to pass it along to future generations of Fulbrighters.

### ***A note on the political climate***

Recent events have led many experts to re-assess their conclusion that Russia is heading away from Western democratic norms. The political tide seems to be turning toward greater protection for human rights, freedom of expression and private property. The reaction of security services – the police and the FSB (Federal Security Service) – is not clear. Fulbrighters based in Moscow and St. Petersburg, where there are very large expatriate communities, may see little evidence of official interest in their activities, but even in these cities it is possible to attract attention simply by being a foreigner.

While geo-political relations between the United States and Russia have improved since presidents Obama and Medvedev met in July 2009, those living in the regions should remain aware that your presence as an American may attract attention. Some of this may be genuine curiosity on the part of the security services, but there's also the possibility of suspicion that may almost bring to mind Cold War-style paranoia. Either way, the best response is to carry on your work in an open, forthright manner to help drive home the point that academic work is about transparency. It is also advisable to share any concerns or unexpected attention you may be receiving with the Fulbright Office in Moscow.

Remember, every foreigner living in the Russian Federation is subject to Russian law without exception. An American passport grants no “privileged” or “exempt” status whatsoever vis-à-vis Russian law. Indeed, compliance with the laws of the host country is a precondition for Fulbright grants throughout the world. This is ultimately a matter of common sense and academic integrity.

### ***Some reading which should be helpful***

A number of good general guides to Russia are readily available in the US. You might find it helpful to check them out before coming. What follows is a listing based on both personal and Internet sources. Unless otherwise indicated, every title is currently in print and can be ordered on line from Amazon.com [www.amazon.com](http://www.amazon.com) or Barnes and Noble [www.bn.com](http://www.bn.com).

1. Lonely Planet: Moscow and Lonely Planet: St. Petersburg: Both of these guidebooks have been favorites of US Fulbrighters in the past. Be sure to get the most recent edition.
2. The Russian's World: Life and Language by Geneva Gerhart; 3rd Edition, 2001. An excellent introduction to Russian culture with detailed descriptions of certain linguistic peculiarities, explanations of customs and aspects of Russian life which are difficult for the non-Russian to fathom or are simply interesting. A good reference to have and an interesting book to keep around for occasional reading.
3. How to Eat out in Russia, by Mario Caramitti, 1998. Don't be fooled by the title: in addition to information on eating, this is a handy little phrasebook with all sorts of valuable information, linguistic, cultural and otherwise.
4. From Nyet to Da, Yale Richmond, 3<sup>rd</sup> Edition, 2003. The earlier editions are also useful.
5. Passport Russia: Your Pocket Guide to Russian Business, Customs & Etiquette, by Charles Mitchell, 1998.

If you're looking for some more extensive background, the following titles are worth checking out:

6. Armageddon Averted: The Soviet Collapse, 1970-2000, by Stephen Kotkin. (Oxford University Press, 2001). A concise, readable look at how the Russian Federation came to replace the Soviet Union on the world stage with a remarkable lack of violence.
7. Siberian Dawn: A Journey Across the New Russia, by Jeffrey Tayler. (Ruminator Books, 2000). Well-informed reflections on an adventure that spans the entire Russian land mass by an experienced travel writer whose pieces often appear in *The Atlantic*. Tayler's essay "Russia Is Finished" from the May, 2001 issue of *The Atlantic* is perceptive, if a bit depressing.
8. In Siberia, by Colin Thubron. (HarperCollins, 2000). A fascinating journey via the frozen winter trucking paths ("roads" would be too generous a description) of the Russian Far East by a gifted, exceptionally perceptive British travel writer.
9. Chechnya: Tombstone of Russian Power, by Anatol Lieven. (Yale University Press, 1999). Lieven writes about the First Chechen War, but his analysis of this troubled region – and especially his insights into the current state of the Russian military – are as valid today as when the book first appeared.
10. Land of the Firebird: The Beauty of Old Russia, by Suzanne Massie. (Touchstone Press, 1996). Good introduction to what many people see as the heart of Russian "culture".
11. A History of Russia, by Nicholas V. Riasanovsky and Mark Steinberg (7th edition, Oxford University Press, 2004). The classic textbook for undergraduate history majors; a wealth of information in a very readable form.
12. The Icon and the Axe, by James Billington, currently the Librarian of Congress. (Random House, 1970). A more academic, "deeper" approach to the kinds of questions that Suzanne Massie writes about in a popular style.

At some point in time in the future, when you have returned from Russia and have been able to put everything in its proper perspective, you might find it interesting to pick up a copy of Empire of the Czar: A Journey through Eternal Russia by the Marquis de Custine (a translation of his Russie en 1839). The title is out of print, but it's worth seeking out.

## ***Internet-based resources***

A wealth of useful, up-to-date travel information about Russia is available online. We've found the following resources to be exceptionally useful:

**TRAVELER'S YELLOW PAGES** [www.infoservices.com](http://www.infoservices.com) They have a huge, searchable database for Moscow [www.infoservices.com/moscow/index.html](http://www.infoservices.com/moscow/index.html), as well as sections on St. Petersburg [www.infoservices.com/stpete/index.html](http://www.infoservices.com/stpete/index.html)

**Expat.ru** [www.expatriate.ru](http://www.expatriate.ru) is a virtual community for English-speaking expatriates and Russians.

**News about Russia in English** can be found in **THE MOSCOW TIMES** [www.themoscowtimes.com](http://www.themoscowtimes.com), **THE ST. PETERSBURG TIMES** [www.sptimesrussia.com](http://www.sptimesrussia.com), **Russia Profile** [www.russiaprofile.org](http://www.russiaprofile.org) and **Russia Beyond the Headlines** [www.rbth.ru](http://www.rbth.ru).

**Bears & Vodka** [www.bearsandvodka.com](http://www.bearsandvodka.com) may provide you with insight into contemporary Russian culture.

**AFISHA.RU** is a good website for finding things to do and places to eat. It has information on Moscow, St. Petersburg and several regional cities, although the information is only in Russian.

## ***The Fulbright Office and how to find it***

The Fulbright Office in Moscow is open Monday-Friday (except on Russian and certain US holidays listed later in this Handbook), 9:30am - 6:00pm.

**Director:** Dr. Joel Ericson, [jericson@fulbright.ru](mailto:jericson@fulbright.ru)

### **Office Staff:**

*Natasha Smirnova* (Deputy Director, primary contact for Russian Visiting Student grantees), [nsmirnova@fulbright.ru](mailto:nsmirnova@fulbright.ru)

*Marina Bezrukova* (primary contact for US grantees, Alumni Coordinator), [mbezrukova@fulbright.ru](mailto:mbezrukova@fulbright.ru)

*Elena Shabashova* (primary contact for Russian scholar grantees), [eshabashova@fulbright.ru](mailto:eshabashova@fulbright.ru)

*Polina Babushkina* (primary contact for Russian FFDP, FLTA and RIEA grantees), [pbabushkina@fulbright.ru](mailto:pbabushkina@fulbright.ru)

**Address:** Moscow, Russia 125009  
Tverskoy bulvar, d. 14, str. 1, 4 floor  
Institut Mezhdunarodnogo Obrazovaniya

**Telephone:** +7 (495) 935-8353

**Fax:** +7 (495) 937-5418

**General office e-mail:** [info@fulbright.ru](mailto:info@fulbright.ru)

**Website address:** [www.fulbright.ru](http://www.fulbright.ru)

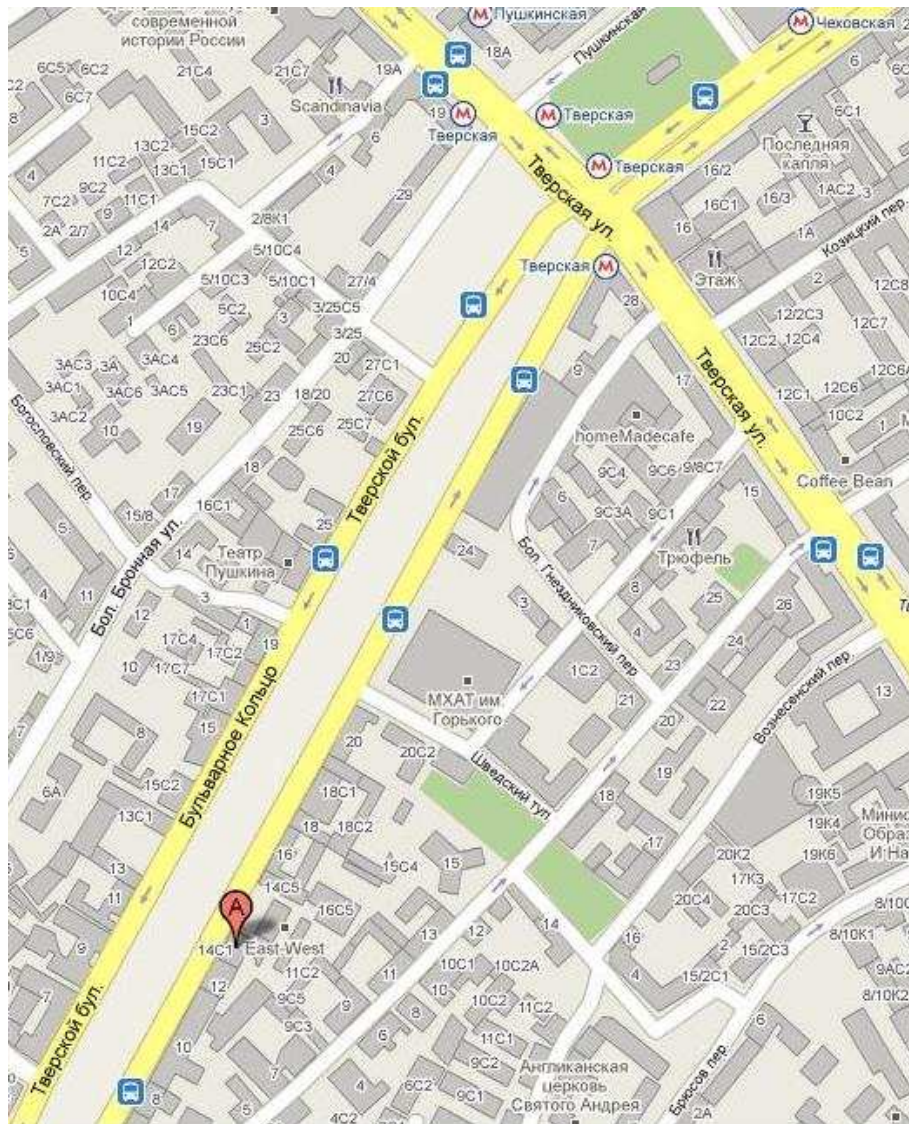
**Closest metro stations:** Pushkinskaya, Tverskaya, Chekhovskaya

## **HOW TO FIND US**

We are located near Pushkinskaya, Tverskaya and Chekhovskaya metro stations. To find our office, exit the metro towards Tverskoy bul'var. The office is a 10 minute walk down the



Tverskoi Boulevard heading from the metro in the direction of the new MHAT building (the red brick solid structure). We're on the same side of the boulevard as the theatre (MHAT). You will be passing by a row of low old-style mansions until you come to a higher pink building right after a tiny hotel East-West behind fancy iron gates. In the entrance hallway you should enter through the right hand door. The security guard will ask for your ID, they will have a list of guests for that day. We're on the 4<sup>th</sup> floor - take the elevator up after the guard allows you in.



The office the point of contact for American Fulbrighters in Russia and administers programs for Russian scholars and students. Participants in these programs are chosen through open competitions that require the volunteer services of American scholars and professionals at various stages of the selection process. Please let the office know if you are willing to assist in reviewing applications or interviewing candidates while you are in Russia. This is an excellent opportunity to learn more about the Fulbright Program in Russia and to meet outstanding Russian scholars, administrators, teachers and graduate students.

You are welcome to come to the Fulbright Office to touch base and pick up your incoming mail, as well as to address problems that you cannot solve on your own by dealing directly with your host institution or landlady / landlord (for questions concerning housing arrangements).

**In general, the office CAN offer the following kinds of assistance:**

1. Arrange transportation for grantees arriving to and departing from Moscow. We would like a minimum of one week's notice of your arrival date in order to arrange for transportation and to make certain your host institution is prepared. The same notice in regard to departure dates is also appreciated. When notifying the office of your arrival or departure, indicate the number of people (and pets, if applicable) in your party and approximately how much luggage you will have. You will be expected to pay the driver for your transportation in Russian rubles. We will give you an estimated cost for the transportation, although the actual cost will vary depending on traffic and how long the driver needs to wait for your flight. You are certainly welcome to make independent arrangements. To help you with this task, you'll find a reference to taxi services later in this handbook.
2. Assist grantees in orienting themselves to Moscow and in obtaining orientation information about other Russian cities.
3. Act as a go-between for grantees and their host institutions. The office cannot, however, provide interpreter services in day-to-day dealings between grantees and host institutions.
4. Answer questions from grantees about setting up e-mail accounts and allow them to use the office guest computer for a short period after arrival until they are able to establish a personal account.
5. Offer **limited** use of the office guest PC, fax and copier.

**The Fulbright Office CANNOT provide services such as the following:**

1. Assistance with personal travel, either in Russia or abroad. These arrangements may be made through a commercial travel agency. Transportation around Moscow or the immediate environs for personal reasons (tourism, etc.) should be arranged by the individual grantee using one of the many tourist services, including those which offer rental car and driver services.
2. Find and secure housing for individual grantees.
3. Unlimited use of the office computers, printers and copier. If you need to create and print out course materials in Russia, plan on bringing your own printer or purchasing one after arriving. You may find that such equipment and services may not be available through your host institution. There are copy services in nearly every city that do bulk photocopying.
4. Translation/interpretation services. While the staff is able to offer limited assistance to grantees who do not speak or read Russian, the office cannot offer extensive translation or interpretation services. Translators and interpreters are readily available through many commercial services or by personal recommendation. Senior scholars have a line item to cover this in their grants.

***The American Embassy and the Public Affairs Section***

The Fulbright Office directly reports to the Public Affairs Section (PAS) of the U.S. Embassy in Moscow ([www.usembassy.ru](http://www.usembassy.ru)). The Fulbright Office cooperates with the Council for International Exchange of Scholars (CIES, [www.cies.org](http://www.cies.org)) on all matters concerning American Fulbright Scholars in Russia and Russian Fulbright Scholars in the U.S. We cooperate with the Institute



for International Education (IIE, [www.iie.org](http://www.iie.org)) on matters related to US Fulbright students and English Teaching Assistants (ETAs).

The Public Affairs Section is located within the American Embassy and offers limited assistance to American Fulbright scholars. In general if you have a question or problem you should begin with the Fulbright Office. If the office is unable to help, we may refer you to PAS.

If referred to PAS and the Embassy in general, the following numbers may be helpful:

**Embassy Switchboard: 728-5000**

**PAS direct number: 728-5242**

The PAS staff is currently in transition. More information on their names and responsibilities will be available later in the summer from the Fulbright Office in Moscow.

## **GETTING TO THE EMBASSY**

The American Embassy is a large complex not far from *Kudrinskaya Ploshchad'*, the location of one of the Stalin skyscrapers. The closest metro station is *Barrikadnaya*. Exit the station, cross the street and turn left. Go up the hill (there's a staircase on the way) and diagonally through the small park in front of the skyscraper. Walk along *Novinsky bulvar'*, part of the *Sadovoye Kol'tso* (Garden Ring). Just past the Shalyapin Museum is the Embassy Office Building, No. 19/23. The building itself is bright yellow and white.

Through an arch in the Embassy Office Building, you will find the Spoeede Building in which **American Citizens Services (ACS - <http://moscow.usembassy.gov/citizen-services.html>)** operates. ACS can assist you with registration in their warden system, passport renewals, and voting. The system for using ACS has recently changed. You now need to make an appointment using their online system for non-emergency requests. Click on the ACS link above for more information about their hours of operation, services and the process for making an appointment.

PAS is located in the New Embassy Chancery. The closest entrance is the South Gate, which is on Devyatinskiy Pereulok. Thus if you continue walking past the Shalyapin Museum, and the Embassy Office Building, and turn right on Devyatinskiy Pereulok, you will find the South Gate. If you have a meeting with a PAS officer, be sure to bring some form of picture identification, preferably your passport. In return you'll get a Visitor's badge which is to be worn while you are on Embassy grounds and returned to the guard when you leave. This procedure is valid wherever you might enter the Embassy grounds.

As a community, the Embassy in many respects is a large governmental organization that is isolated from and closed to the outside world, including American non-diplomats. Fulbright scholars are not eligible for membership in the AECA (American Embassy Community Association) and cannot use the Embassy's recreational facilities.

Nonetheless, PAS is genuinely interested in the welfare of Fulbright scholars. Representatives from PAS attend Fulbright events and, when possible, try to arrange invitations for Fulbrighters to public receptions and events at the Embassy. They also help sponsor events for Russian Fulbright alumni and their American counterparts. In an effort to promote interaction between the scholars and the Russian community, American Fulbright scholars are strongly encouraged to give lectures at the **PAS American Centers and Corners throughout Russia**. (The American Center in Moscow is located in the Library of Foreign Literature, see. [www.amc.ru](http://www.amc.ru)).

The American Consulates in St. Petersburg, Yekaterinburg and Vladivostok have their own PAS offices which are equally interested in the scholars in their areas. These offices are good sources of information and aid, in the same ways as PAS/Moscow is to its scholars. Keep in mind, however, that these offices are small and have limited staff and there is no Fulbright office in these cities. Consequently, they may not be able to offer you all the services you might want, but they are ready and willing to help in any way they can. Contact the offices within a week upon your arrival to discuss ways in which you might help them help you.

### ***Moscow***

U.S. Embassy in Moscow  
Bolshoy Deviatinsky Pereulok No. 8  
Moscow 121099, Russian Federation  
General tel. +7 (495) 728-5000  
PAS tel. +7 (495) 728-5242, 728-5365  
PAS fax +7 (495) 728-5203 (indicate to whom on a cover sheet)  
[www.usembassy.ru](http://www.usembassy.ru)

### ***St. Petersburg***

The U.S. Consulate General in St.Petersburg  
Ulitsa Furshtadskaya, 15  
St.Petersburg 191028, Russian Federation  
Tel. +7 (812)331-2600  
PAS tel. +7 (812) 336-7760, fax: 336-7766  
<http://stpetersburg.usconsulate.gov/>

### ***Vladivostok***

The U.S. Consulate General in Vladivostok  
Ulitsa Pushkinskaya 32,  
Vladivostok 690001, Russian Federation  
Tel: +7 (4232) 30-00-70  
PAS tel. +7 (4232)30-00-70, fax: 30-00-95  
<http://vladivostok.usconsulate.gov/>

### ***Yekaterinburg***

The U.S. Consulate General in Yekaterinburg  
Ulitsa Gogolya 15A, 4th floor,  
Yekaterinburg 620151, Russian Federation  
Tel: +7 (343) 379-30-01, 379-46-19, 379-46-91  
PAS tel. (343) 379-47-60; fax: 379-47-60  
<http://yekaterinburg.usconsulate.gov/>

## ***Mailing privileges***

### **HOW TO SHIP BOOKS AND EDUCATIONAL MATERIALS**

American Fulbright grantees may send books and educational materials to their countries of assignment via the diplomatic pouch on a one-time (**outbound ONLY**) basis, if authorized to do so by the U.S. Embassy in that country. Use of the diplomatic pouch is a privilege that, if abused, can be withdrawn by the U.S. Department of State. It is important that grantees, Public Affairs Sections overseas and Fulbright foundations/commissions adhere to the rules governing use of the pouch. Again, the pouch is a one-time, one-way privilege. **The pouch may not be used for return shipments.**

Please adhere closely to the instructions below. Boxes rejected by the Department of State because of improper size, contents, or packaging will be returned to the return address on the box. There is no way to insure boxes sent through the pouch system or to trace items lost in the pouch mail system. The Bureau of Educational and Cultural Affairs, which administers the Fulbright program, cannot retrieve and repack overweight/oversized boxes.

#### **CONTENTS:**

Packages must contain only books, magazines, notes or other similar educational materials required for the grantee's teaching or research program overseas. Computers and electronic equipment may not be sent by pouch. Packages may not contain personal effects of any kind. The Department of State may open packages suspected of containing prohibited items. If prohibited items are discovered, the box will be returned to the sender. Grantees should not enclose items that are irreplaceable. The Department of State assumes no responsibility for lost or damaged packages. Grantees should not ship anything that will be damaged by x-rays because boxes will be x-rayed by the Department of State mail facility.

#### **NUMBER, WEIGHT AND SIZE LIMITATIONS FOR BOXES:**

No more than four boxes per grantee may be sent through the pouch system. The dimensions of each box must not exceed 17x18x30 inches. Each box cannot exceed 50 pounds

#### **WRAPPING:**

Materials must be packed securely in strong cardboard boxes, sealed with heavy-duty packing tape (strapping tape is best), and clearly labeled. It is best to use new boxes with no advertising or confusing labels. Boxes are frequently handled roughly in shipment. Boxes should be packed carefully since torn or broken packages cannot be repacked.

#### **ADDRESSING THE PACKAGE:**

In the upper left-hand corner, put your return address (Name, Street Address, City, State, Zip)

Mailing Address: Scholar's name – Fulbright Scholar  
Public Affairs Officer  
Department of State  
5430 **Moscow** Place  
Washington, D.C. 20521 - 5430

Pseudo street address  
and zip code change  
for every country.

Scholar's name – Fulbright Scholar

Public Affairs Officer  
Department of State  
5440 **St. Petersburg** Place  
Washington, D.C. 20521 - 5440

Scholar's name – Fulbright Scholar  
Public Affairs Officer  
Department of State  
5880 **Vladivostok** Place  
Washington, D.C. 20521 - 5880

Scholar's name – Fulbright Scholar  
Public Affairs Officer  
Department of State  
5890 **Yekaterinburg** Place  
Washington, D.C. 20521 - 5890

In the lower left-hand corner of the box write:

UNCLASSIFIED VIA AIR POUCH

Your Name

FULBRIGHT SCHOLAR EDUCATIONAL MATERIALS

NOTE: Please choose a U.S. return address where the recipient will know how to contact you and what to do if a box is returned.

Grantees sending only one package should write "1 of 1" in the lower right-hand corner. Grantees sending more than one package should number each package in a series and circle the markings, e.g., "1 of 3", "2 of 3", and "3 of 3".

#### SHIPPING:

Packages can be shipped through the U.S. Postal Service. The "street address" in the address format was created strictly to meet USPS requirements for automated mail sorting; no such street address actually exists. Grantees are responsible for paying domestic postage -- postage from their home to Washington, D.C. United Parcel Service, Federal Express, DHL or other small package carrier can also be used at the grantees expense.

#### TIME REQUIRED FOR SHIPMENT:

Grantees should anticipate that once packages are received at U.S. Department of State mail center, shipping will take at least three or four weeks, perhaps even longer, to arrive in the country of assignment. The frequency of pouch shipment is outside the control of the Bureau of Educational and Cultural Affairs and the receiving U.S. Embassy.

#### NOTE ON SECURITY:

All pouch mail to Russia is sent to a disinfection plant for irradiation treatment against biological pathogens before delivery. Items can be damaged in the process. All envelopes and boxes are opened for inspection, and many items are steamed as well. Photo prints and glossy paper seem to suffer in particular. Again, this is beyond the control of the Bureau of Educational and Cultural Affairs and the receiving U.S. Embassy.

## OTHER (LIMITED) MAILING PRIVILEGES

Fulbright scholars can also use the diplomatic pouch addresses above to receive personal letters. Be certain that you include "Fulbright Scholar" after your name on the first line of the address.

Finally, **Moscow-based scholars only** may receive a single (1) magazine subscription and letters during their grant period via the diplomatic courier from Helsinki:

Scholar's Name -- Fulbright Scholar  
American Embassy Moscow (PAS)  
Box M  
00140 Helsinki, Finland:

In Moscow, the PAS office receives pouch mail once a week, usually on Thursdays. Mail for Fulbright scholars is then brought by courier to the Fulbright Office.

Again, note that there are **no outgoing mail privileges of any kind** for scholars through the Embassy or the Consulates.

Finally, grantees are responsible for picking up and transporting boxes from the Fulbright office or consulates in Saint Petersburg, Vladivostok or Yekaterinburg. In Moscow, we will order a taxi, if needed, at the grantee's expense. The Fulbright Office and/or US Consulates will NOT send packages to other cities.

## PREPARING TO LEAVE THE USA FOR RUSSIA

### VISAS

Applying for and receiving a Russian visa is a complex process. Not only must the visa be valid for the entire period of your stay (you may arrive no earlier than the indicated arrival date and leave no later than the indicated departure date), but it must also be registered with the local authorities in the city where you will live and work. The visa application process is rather time-consuming – it can take up to 45 days to prepare and process the documents for visa support in Russia before visa invitation can be issued and sent to you. The Fulbright Office has a very limited right to offer you visa support. The office will, however, work with you to get through the process.

**As a participant in the Fulbright Fellow Program you must receive visa support through your host institution. Please note that according to the program rules, you may NOT request a visa invitation from a third-party such as a commercial visa service.**

Here is some basic information about the process of obtaining a Russian visa:

### VISA SUPPORT

Russian educational institutions have different arrangements with local authorities for visa support, and their visa options depend on the types of their educational licenses. Most of educational institutions can provide foreign scholars and students with an initial *single entry visa* support. Though single entry visas are never valid for more than three months, they can be extended and registered in Russia for up to a year. Also, a single entry visa can be transferred

into the multiple entry type. Whoever provides your visa support is responsible for registering this visa upon your arrival, and the processing time for local registration varies depending on the university. Also, according to the new law, you might need to secure your registration at an apartment you'll be renting out, if you're not staying in a dormitory. During the registration process, you should plan to remain in your host city and not travel throughout Russia or out of the country.

To begin the visa application process you will have to provide your Russian host with the following information, usually called "visa data".

- full name
- citizenship
- date of birth
- passport number, date of issuance and date of expiration
- place of work or study in the USA
- work address, telephone and fax
- cities in Russia to be visited
- approximate dates of arrival and departure
- requested length of stay
- which Russian Embassy or Consulate the visa will be applied for in the States  
(There are currently **five** Russian Consulates in USA: Washington, New York, San Francisco, Houston and Seattle. Each has its own jurisdiction by state. You should look online at [www.russianembassy.org](http://www.russianembassy.org) to determine where you need to apply. Your sponsoring institution **must** know to which consulate you are applying).

**THERE CAN BE NO MISTAKES WHEN SUPPLYING VISA PROVIDER WITH THIS INFORMATION. PLEASE CHECK AND DOUBLE CHECK TO MAKE SURE THE DATA YOU SEND IS CORRECT.**

In addition to the above-mentioned visa data, you will need to e-mail (as a scanned attachment) a copy of the first page of your passport to your host with a copy to our office.

After receiving all this information, your host will prepare an official invitation letter and send it to the Federal Migration Service for processing and approval. If all goes well, you will receive a formal visa invitation in a month or so.

## **APPLYING FOR YOUR RUSSIAN VISA**

**Once you have your invitation in hand, you must submit it with the other documents required to the Invisa Logistics Service (ILS) office connected with the Russian Embassy or Consulate you indicated to your host institution. Go to <http://www.ils-usa.com/> for detailed information.** *(Note that this is a new procedure for applying for a Russian visa as of April 2012.)*

You can now apply for a Russian visa only at an ILS office, either in person or through a visa processing company. ILS does not accept applications by mail from individuals. Contact information for ILS offices in the US, including their working hours, is available at the web site: <http://www.ils-usa.com/>. A link to the online Russian visa application form that you must complete (<http://evisa.kdmid.ru/>) is also on their web site.

The type of visa you're applying for depends on the purpose of your visit. Please enter the category and type of visa on the online visa application in accordance with what appears on



your letter of invitation. The specific information contained in your visa invitation will provide the Russian Consulate with the relevant information in order to provide you with the appropriate type of visa.

You must complete an online visa application and submit a printed version with your visa invitation, passport, photo and HIV certificate (if required). If you live in or near one of the five US cities that have ILS offices (Washington, New York, Houston, San Francisco or Seattle), you can make an appointment to present your visa application materials in person. If you live far from one of these cities, we recommend that you use one of the three visa processing companies recommended by the Russian Embassy:

<b>Travisa Visa Service, Inc.</b>	<b>PVS International</b>	<b>CIBT, Inc.</b>
Tel:(800) 222-2589 <a href="http://www.travisarussia.com">www.travisarussia.com</a>	Tel:(800) 556-9990 Fax: (703) 908-0332 <a href="http://www.pvsinternational.org">www.pvsinternational.org</a>	Tel:(800) 929-2428 <a href="http://www.cibt.com/russianvisa">www.cibt.com/russianvisa</a>

The websites for these companies can help answer any questions you have about the online Russian visa application. You can also call them if you need assistance.

**Russian Visa Application** - collect the following information before you start the online application:

1. Your primary passport details plus details of any other passport you hold. Note: A tourist passport is a regular blue US Passport
2. Your home and workplace address
3. Previous names and aliases
4. Your contact phone number and email address
5. Place of birth, nationality and name of your parents (even if deceased)
6. Place of birth, birth date, nationality and name of your spouse, if applicable (even if deceased or divorced)
7. Travel dates to and from Russia
8. Names of all places to be visited in Russia
9. Name of the host organization in Russia on your visa invitation.
10. Name of company providing your medical insurance policy: (ASPE, Seven Corners)
11. Date and place of issue of last Russian visa that you have held (if applicable)
12. A list of all countries you have visited in the past ten years with, where possible, the year of the visit. List as many as the space allows
13. Name, address, phone number, and position held, and start and end dates of your last two employers
14. Name, address, phone number, course of study, start and end dates of last two educational institutions (post high school) that you attended
15. Names of any professional, civil and charity organizations that you are or have been a member of (if this does not apply to you, put N/A)
16. Country, branch of service, rank, military occupation and dates of services of any military service performed
17. Details of any armed conflict you have been involved in

You will also need to answers these self-certification questions:

13. Have you ever lost your passport or had one stolen?

14. Have you ever overstayed your Russian visa or stayed unlawfully in Russia?
15. Have you ever been sick with the communicable disease of risk for the public or suffered a dangerous physical or mental disorder? Have you ever been abused drugs or been a drug-addict?
16. Have you ever tried to obtain or assisted others to obtain a Russian visa or enter Russia by providing misleading or false information?
17. Have you ever been issued a Russian visa?
18. Have you ever been arrested or convicted any offense?
19. Have you ever been refused a Russian visa?
20. Has your Russian visa ever been canceled?
21. Have you ever been deported from Russia?
22. Name, address and phone number of place in Russia where you will stay
23. Name, date of birth and permanent address of any relatives in Russia
24. Appointment date: you can choose any appointment date if you are applying in person.
25. Appointment Place: the ILS office you will use to apply for your visa. (If you are using a visa processing company, follow their instructions on completing these questions.)

**DO NOT confuse your visa invitation with the visa itself.** If you have not submitted your passport to one of the five ILS offices in the USA (Washington, New York, Houston, San Francisco and Seattle) and gotten it back with a Russian visa attached, you do NOT have a Russian visa. You must use your original visa invitation to apply for a visa; a copy is no longer considered acceptable.

When applying for a Russian visa, please be aware of the following issues:

a. The Russian Federation may require certification of HIV-negative status in order to issue a visa for an individual intending to stay for three months or longer. The enforcement of this regulation is not consistent: some consular offices have required certification to be submitted with the visa paperwork while others have not. Requirements of Russian host cities also vary, and you may be expected to provide proof of HIV-negative status after arrival in Russia as well. In particular, if you have a family member accompanying you who is not a US national, you should check online to see if they will require an HIV test, as these tests are mandatory for citizens of certain countries. Ask the ILS office or visa processing company that you are using if you need an HIV certificate. In general, it is advisable to obtain an HIV test in advance of submitting your visa application or at least to research options for obtaining the necessary tests/results in case you are asked to provide such documentation. If you are required to submit proof of HIV-negative status after submitting your visa application, this could significantly delay your receipt of a visa. HIV test results are valid for 3 months. We suggest that you carry copies of the results with you to Russia as well.

b. Although the Russian constitution guarantees freedom of movement within the Russian Federation, Russian federal and local authorities often make up their own policies about whether foreigners may travel to cities not indicated in their visa applications. Visas no longer list the specific cities that the foreigner would like to visit, but it is strongly recommended that you indicate on your application form EVERY city in Russia that you MAY want to visit. You are not obliged to fulfill this itinerary, but failure to indicate a given city might cause some complications if you do end up going there.

**IMPORTANT:** After you receive your visa, send a copy to the Fulbright office immediately so that we can verify all your information prior to your departure from the U.S. Our fax number is 7-495-937-5418; mark the fax "Attention: Marina". Or send a scanned copy via email to [mbezrukova@fulbright.ru](mailto:mbezrukova@fulbright.ru). You should also check ALL the information, especially the dates of validity. There is a space on the visa that lists your

sponsoring organization. It is **EXTREMELY** important that the organization or institution indicated here is the one providing your visa support. Only this organization or institution has the power to register and extend the visa. If there are any mistakes or discrepancies, please contact the Russian Embassy or Consulate that issued the visa.

At no stage is the visa application process free of charge. The Fulbright Office will cover the expenses in Russia connected with getting a visa invitation letter from your host institution. Fulbright grantees are personally responsible for fees paid to a visa processing company and ILS in the USA. US grantees must also pay any fees for registering and extending their visas in Russia. All these fees have been included in the calculations for the travel and settling in allowances in your Fulbright grant.

## **MIGRATION CARDS**

U.S. citizens entering Russia must carry a migration card while in Russia. These two-part cards have traditionally been provided to foreign passengers before landing in Russia and filled out by the traveler. Upon arrival, Russian immigration authorities retain one of the identical halves, and the other half is carried in your passport for the duration of your stay in Russia. In 2011, Russian authorities launched a new program in Moscow airports, by which migration cards are electronically completed and provided by immigration officials. If you receive an electronic card, continue to carry your migration card in your U.S. passport and submit it to immigration authorities upon leaving; however, the loss of an electronic card does not present difficulties to departure, but the loss of a hand-completed form may. The Russian Federal Migration Service plans to expand their use to other international airports in the future.

The stamp date indicated is considered to be the first day of a stay in Russia. A new migration card should be filled in each time you enter Russia. Replacement of lost or stolen cards is a complicated procedure. If it happens, you should contact your host institution immediately. We highly recommend that you make copies of your migration card, passport, visa and registration. For a sample migration card, go to [http://www.visatomoscow.com/html/immigration\\_card.html](http://www.visatomoscow.com/html/immigration_card.html).

## **VISA REGISTRATION**

Regardless of where you will be living, you must register your visa with the local authorities within seven business days. There are **NO** exceptions. Failure to register before the required deadline can result in serious problems, including monetary fines and a possibility of your deportation from the country.

Please note that, depending on the situation, either your visa sponsor, i.e. your host institution, or your landlord, can register your visa. To start the process of visa registration you must give your Russian host your passport, visa, and migration card. Please note that currently there are no registration fees, but you should check with hosts for the most recent information. Your host will give you an official letter explaining your status in the country that you can show as identification while you are being registered.

If you plan to travel **within Russia**, you need to keep in mind that you have to re-register your visa within seven days in another city (the same process that you went through, when you entered the country). So if you plan to spend more than 7 days out of your host city, you need to apply in advance to your visa sponsor (International Office of your host institution) and discuss your options regarding registration in another city. Only hotels in Russia will register visas automatically, so you won't have a problem with additional local registration if you stay at a hotel. However, if you prefer to stay with your friends or colleagues they will have to take care

of registering your visa using their home addresses. In some cases, this can be a very complicated process, and you will thus need to arrange this in advance.

Regardless, the best source of visa and registration information is your visa sponsor (i.e. your host institution). Moreover, they are responsible for you while you are in the country and until your final departure. If you break the registration law, they will pay a significant fine to the Federal Migration Service, this will reflect poorly on the Fulbright Program, and this could also restrict your ability to return to Russia in some cases.

If you plan to travel **out of Russia** you will need to de-register your visa through your host institution in advance and re-register it at your host institution within seven working days after coming back to the country.

**Always inform the Fulbright Office in Moscow of any and all travel plans within and out of Russia.**

## **YOU WILL NEED TO SHOW YOUR VISA, REGISTRATION, AND MIGRATION CARD TO LEAVE RUSSIA**

When the time comes to leave Russia, check to make sure that your visa and registration are still valid. Be sure you have your migration card. You may NOT leave Russia AFTER the exit date indicated on the visa. If you arrive at the airport or train station with an expired visa, you will be detained and not allowed to leave the country until you have applied for and received an extension, a process which can take days or weeks, and will involve a hefty fine.

## ***What to bring, what to expect***

In Russia today you can find almost everything you need to live comfortably. Consumer goods are now distributed beyond Moscow and St. Petersburg to most regional cities. The number and variety of stores in the major cities and the goods they stock have so increased that there is little you will not be able to find. You may have to look a little longer and perhaps in more places, but ultimately you should be able to locate what you want. Although prices on certain items will be significantly higher than in major cities in the US, there will be items which are not only comparable, but significantly cheaper. In general, the cost of living in Moscow and St. Petersburg are on a par with most major cities in the US.

You should assume that you will find most anything (or a reasonable substitute) that you'll want or need, and you should bring only those specific items you absolutely CANNOT live without, or which you will need immediately upon arrival. This is especially true of any prescription drugs you regularly take and personal care items (including contact lens supplies).

Here are some suggestions to help make your first days in Russia a little easier:

1. Consider bringing limited quantities of a few items for a "portable feast" so that you won't have to be bothered with shopping while jet-lagged: matches (many Russian apartments are equipped with gas stoves), tea, coffee, granola, nuts, dried fruits, instant soups, instant oatmeal, etc.

2. A "portable pharmacy" is also recommended, including medicines for headaches, gastro-intestinal upset, diarrhea (and constipation), colds, infections, etc.; prescription medications and any OTC items you regularly use. Unless you're easily adaptable, contact lens wearers should plan on bringing a supply of those solutions they're used to; saline and cleansing solutions can be found, but they can be expensive. A travel-size first-aid kit is always a good thing to have on hand.
3. Household items you want on hand: these may include things such as a pocket flashlight, measuring cups and spoons for the cooks who can't deal with metric measurements, an initial supply of toilet paper and some moist wipes or the equivalent to carry with you (toilet paper and soap are more often than not unavailable in public facilities), a "universal" sink stopper (Rubbermaid makes them). Even if you plan to bring your own measuring utensils, you should acquire at least a passing understanding of the metric system since all meat and produce sold in Russia is weighed by the kilo. Some basic conversion figures are included in the appendix.
4. A Swiss army knife or any of the pocket tool gadgets (like the "Leatherman") which are available at stores such as REI or through L. L. Bean or Eddie Bauer. Keep in mind that knives must be packed in checked baggage and not in carry-on luggage.
5. Various day-to-day items such as large canvas shopping bags or backpacks (for ease of transporting groceries and other purchases), a plastic egg carrier for those places where eggs are sold loose (available at camping stores), a clothesline and clothespins, transformers and adapter plugs for computer and appliances. Make certain you have the appropriate transformer for each appliance, especially have something sufficiently powerful for a computer or printer. For more information, see the section on **Computers** below.
6. Items for travel might include a money belt for carrying cash. You might also want to consider a secure way of carrying your passport and visa where you can get to them easily. You should make photocopies of all documents, including your visa and migration card. Keep the copies separate from the originals. If you do not have your credit cards covered by a fraud protection plan, record all your credit card numbers and the 800-numbers to call in case your card is lost or stolen. Keep this information separate from the cards themselves.
7. Teaching supplies. Educational institutions, especially those in the regions, can be poorly stocked with supplies. You should not expect to be supplied with things such as pens and pencils, pads of paper, folders, chalk and erasers, dry-erase markers and maps. Be pleasantly surprised if your institution has these things for your use. Moscow and St. Petersburg scholars should not have a problem purchasing their own supplies as there are many well-stocked office supply stores in town. The situation in the regions may vary. Your university may not have adequate photocopying facilities (especially for bulk copying) and you may want to bring complete course packs in electronic form.

Bring your own computer and/or printer with you. Russian institutions do not supply them to faculty or students, although many have Internet centers with computers for use by students and staff. Most cities now have computer stores for supplies and repairs. For more details on computers, see the section on **Computers** below. You may also find, depending on the institution and the department you are placed in, that you will not have a separate office or even office space.

## **CLIMATE AND WEATHER**

Moscow can be compared to cities situated on the Great Lakes such as Chicago, Buffalo, etc. Siberian cities have much the same climate as in the northern Plains States: long, cold winters

and short, hot summers. Vladivostok's weather is tempered by the ocean and has fewer extremes. St. Petersburg, situated on the Bay of Finland, can be damp in the winter and humid in the summer.

In general throughout most of Russia, autumn can begin as early as mid-August. September can be full of gloomy days, rain and muddy streets, but has been known to be gloriously sunny and dry, producing the fabled "golden fall". Winter can begin as early as September with snows known to fall in the second week, and can last until late April, with the first significant thaws usually in March. Spring in most of Russia is cool, dirty and muddy, though it can surprise you with sunshine and freezing temperatures.

Those with allergy problems will suffer greatly when the poplar trees start to produce abundant *pukh* (the fuzzy, cottonwood-like seedlings that vaguely resemble snow) in Moscow in June. If you wear contact lenses, you may have to forego them for a good part of the spring as you just can't compete with the *pukh* and the dust on Moscow streets.

Summer usually really begins in June and can be quite hot. The best relief from a Moscow summer is a trip down the river on one of the pleasure boats, or an invitation to a *dacha*. Russians deal best with city heat by avoiding it.

## **CLOTHING**

Everyone has their own advice on how to dress in Russia. In general, just about anything goes today and you should dress as you feel comfortable. Foreigners sometimes want to "dress Russian" so as to avoid standing out in a crowd. It doesn't work. No matter how you dress, your foreign-ness will always be obvious. There are, however, some things to keep in mind when selecting your wardrobe.

Though today's highly fashion-conscious younger Russians dress in revealing and sometimes provocative clothing, if you do it, you might get noticed on the streets in ways you may not want to be. Dressing for the office, the theater or the restaurant is almost without difference. Even the more expensive restaurants have no real dress codes and, contrary to what many would like you to believe, you CAN go to the theater in your jeans.

Russians consider it not only unwise, but almost anathema to be without a hat and scarf in the winter. Grandmothers (*babushki*) and grandfathers and just about anyone you meet on the street will delight in telling you that you are improperly dressed for the weather (or improperly dressed, period), especially if you venture out bareheaded or with your coat unbuttoned. You will also probably be cold.

## **FOOTWEAR**

Chances are you will walk more during your time in Russia than you are accustomed. Take care of your feet and they'll take care of you. You need good, sturdy footwear for walking in dry weather as well as different types of boots for different seasonal needs: waterproof boots for the spring and autumn mud and warm, waterproof boots (preferably those that extend above the ankle). Check with L.L. Bean, Land's End or similar suppliers for the best and most appropriate selections. Though Russians consistently wear their best footwear when walking to and from work, the streets are hard on shoes and you might want to consider wearing one pair of "walking shoes" and carrying another for changing into once you arrive at your destination.



## OUTERWEAR

Depending on your preferences, you should either have one coat for spring / fall rainy weather and a second, winter coat, or a raincoat with a warm, removable liner that could take you through a cold winter. Brooklyn Industries, L.L. Bean and Land's End have some good choices for coats which can take the bad weather, as well as ones that can stand up to the frigid temperatures you might encounter. If you usually wear a hat, bring it. If you don't, you may want to consider starting the habit as soon as you encounter your first sub-zero day. Lined, waterproof gloves, wool socks and a scarf will help you battle the Russian winter, and you will need an umbrella for the spring and autumn rains.

When choosing your clothing, keep in mind durability, flexibility, and washability. Because the major cities are quite dirty in general and using public transportation will compound the problem, choose sturdy fabrics in darker colors which don't show dirt and wear as readily. You will want to rent an apartment with a washer, but it will almost certainly not have a dryer. Laundromats have not yet become a common feature of the Russian urban landscape. It may be that you have to resort to old-fashioned hand-washing until you find a better alternative.

In urban areas, an alternative might be a commercial laundry service. Dry cleaners and laundry services have become more common, but they can be expensive: one firm offers laundry service at \$3 per kilogram, another at \$20 for a 5 kg load; it will cost you approximately \$10-12 to dry clean a sport coat, and \$15-20 for outerwear. You may have success negotiating cheaper laundry services through contacts with your landlord/landlady, especially in the regions.

## DRESSING FOR SUCCESS AT WORK

Faculty on Russian campuses dress in much the same way as their American counterparts. Likewise, student dress shows the wide range of variation it does in the US and elsewhere. You may feel comfortable maintaining the same style of dress in Russia as you do in the US.

One aspect of dress, and one often found to cause consternation for foreigners, is the ubiquitous *garderob* (cloakroom). Very often, and especially if you do not work in a building but are a visitor there, you will be required to divest yourself of your outerwear at a cloakroom near the entrance. Sometimes there may even be a fee for this "service". The *garderob* policy is valid for theaters and concert halls, libraries and museums. Make certain all of your outerwear has a hook or loop attached to the inner collar, otherwise the cloakroom attendants will have difficulty hanging it up. Not only will they tell you so, but they might even refuse to accept your garment. When handing over your coat or jacket, make certain you do NOT leave anything of value in your pockets as the *garderob* takes no responsibility for loss or theft.

## COMPUTERS

If you are bringing in new or particularly sophisticated computer equipment, list it and all other equipment on your customs declaration. Failure to do so could create problems in proving that you did not purchase the equipment while in Russia. The possible outcome of a customs problem at departure time might be paying a hefty duty on undeclared computers or possible confiscation (the customs people will "hold" the equipment until you return, if you don't pay the duty as you leave).

Those who bring computers with them (as well as those who may purchase one here) find it increasingly easy to maintain and service them in Russia. It's a good idea to bring your startup

discs with you, just in case you have problems with your hard drive or operating system. In terms of convenience, a laptop or notebook is probably the best choice, but you can consider bringing a full-size set-up, if that is what you need. If you don't purchase a dual-voltage computer, you'll need a step-down transformer. In any case, you'll need a surge protector and adapter plugs. Note, however, that most American surge protectors have three prongs, whereas most adapter plugs only accommodate two prongs. You may want to consider buying a surge protector in Russia and plugging your equipment into it via adapter plugs. Do NOT use a small appliance transformer/converter to power your computer, as you will run the risk of damaging both the converter and your computer. Bring a step-down transformer that converts both the frequency and the cycles. Be sure that the transformer either already has the appropriate European-type plug or bring an adapter for it. You can also purchase transformers in Russia.

Make certain that your computer and all accompanying equipment is insured against theft and damage, even if it is outside your home. Keep a record of serial numbers, etc. together with other similar information. A photograph of your equipment is also a good idea for insurance purposes.

## ARRIVING IN RUSSIA

### *Airport arrival: Passport Control and Customs*

Most if not all fellows traveling to or through Moscow will enter Russia through Sheremetyevo or Domodedovo airports. Sheremetyevo has a reputation for not being the most user-friendly airport in the world, but it is improving. Lines can be long, but they tend to move fairly quickly. When you go through passport control, you will present your passport. The passport official will stamp your visa and give you a migration card. Be sure to keep this card with your passport until you leave the country. You might attach a paper clip to your passport or consider investing in a passport holder for this purpose. Once you have passed through passport control, you will find yourself in the baggage claim area, where you can claim your luggage before heading to customs control and the exit.

A major recent change in Russian law now means that you only need to complete a Customs Declaration Form if you are bringing goods or possessions that are subject to declaration. The regulations covering what items you must declare are listed at <http://www.russian-customs.org/travelers/Undergoingcustomsinspectionproceduresforairtransportconveyance/index.html>. If you are uncertain whether or not items in your luggage should be declared, it is always better to make a declaration, then you can rest assured that you will not have problems when leaving the country.

If you do fill out a customs declaration, then make sure it is stamped by a customs official, and keep it safe until your departure. As with other official documents, we recommend that you make photocopies of your customs declaration in case of loss or theft.

When you arrive at the customs area after going through passport control, you'll see red and green lines. Go through the green line if you have nothing to declare. The red line is for those with something to declare – that is, for people who have filled out a customs declaration. In this line **your declaration should be stamped**. Be sure to have the customs official do this. A declaration without a stamp is considered invalid and could cause problems at departure time. Once you have the declaration back in your hands, put it in a safe place, together with all your

other valuable and necessary documents and DO NOT LOSE IT. If it is possible to replace a lost declaration, it will probably be a very time-consuming and expensive process.

A note about cash: While foreigners may bring up to \$10,000 into Russia undeclared, you may only depart the country with cash up to \$3,000. Any sum over \$10,000 being brought into Russia must be declared at customs (which means going through the red line). Cash over \$10,000 may be confiscated, if you do not declare it. Since you may only carry up to \$3,000 with you when leaving Russia, you should declare any amount over \$3,000 that you bring in if you expect to require such proof upon departure. Remember, when declaring funds as described herein, you **must** complete the declaration form and make sure that it is signed and stamped upon entry.

### ***Aeroexpress Trains from Sheremetyevo, Domodedovo and Vnukovo Airports:***

While you will likely require a car to transfer from the airport with your luggage, the airport has a newly opened train service that will connect you with the Moscow subway system. For a schedule of trains departing to and from Sheremetyevo, Domodedovo, and Vnukovo airports and the center of Moscow, please reference their Aeroexpress Website:

<http://www.aeroexpress.ru/en/>.

### ***Arriving in Moscow***

If you let the Fulbright Office know in advance of your arrival, we will arrange for a car to meet you at the airport and take you to your apartment or hotel. Look for a driver carrying a "Fulbright" sign as you leave the Customs area. You will need to pay the driver for this service. You can also go to the new Taxi kiosk in the arrivals area of the airport and hire a taxi for a fixed fee that is based on where you want to go in Moscow. Even if you speak Russian, you are advised not to accept an offer for transportation into the city from one of the many gypsy cab drivers who wait in the arrivals area.

You can change money at the airport (second floor, by the departures area), and there are also bank machines where you can withdraw funds in US or Russian currency. Telephones can also be accessed with the use of telephone cards, which you can purchase at various kiosks, stores and the post office in the airport.

If your flight is delayed until late at night or you did not make arrangements to be met, the Novotel (tel. 926-59-00) is located just across the street from the airport (they have shuttle busses).

The Fulbright Office recommends that scholars do not attempt to find transportation into the city from the airport on their own. A "cab mafia" controls taxi traffic into the city, and they do everything possible to rip off tourists. If you absolutely **must** get into the city and cannot reach the Fulbright Office, try to get a taxi at the official taxi desk (look for a booth marked "Taxi", "Tourist", or "Intourist"). Do not try to hire one of the so-called "gypsy cabs" (*chastniki*), though there will be hoards of drivers ready to take you for a ride, literally and figuratively. Besides the fact that you might simply get ripped off, there have been reports of harm befalling foreigners picked up by these drivers.

### ***Transit through Moscow***

You will be responsible for all costs involved with your arrival and (if applicable) transit through Moscow for connection to your host city. These costs may include taxi fares, hotel charges, visa

registration fees, porters' fees, and connecting tickets to your final destination (including fees charged by travel agencies for issuing tickets). **Please note that domestic airlines have baggage weight limit of 20 kg per passenger.** You should be prepared to pay about 100 rubles for each additional kilo if the weight of your luggage exceeds 20 kilo. The weight limit for trains is 36 kg per person. Dealing with excess baggage weight requires special procedures at the train station. We suggest that you arrive early to investigate the options before your departure.

### ***Arriving in other cities***

#### **ARRIVING TO ST. PETERSBURG**

Please make sure to have the phone numbers for your host institution's contact person/s with you and readily available upon arrival. If possible, it is a good idea to arrange with your host to be met upon arrival (senior scholars should be met by a representative from their host institution as a matter of practice). In case you find yourself all alone on a weekday, call your institution or, failing that, call the PAS Cultural Section in the American Consulate General at (812) 336-77-63 and ask for Tatyana Kosmynina, the Cultural Assistant. As long as you have the address of your apartment or hotel, you should be able to arrange for a taxi through the airport taxi kiosks even if you are not met by or are unable to reach your local hosts.

#### **ARRIVING TO THE FAR EAST**

As in Petersburg, you should be met by a representative of your host institution, but in case you are not, be sure to have the phone numbers of the institution and your contact handy.

#### **PURCHASING PLANE OR TRAIN TICKETS IN MOSCOW**

The cost of plane and train travel has risen significantly in Russia in recent years, as in most other places around the world. Still, considering the distances involved, the fares are reasonable. There is a discount for students, and if you have a dependent of student age traveling with you and want to qualify, you will have to produce a student ID card from a Russian university or an International Student Identification Card (ISIC), which are available at many universities in the US and at travel agencies that specialize in student travel. There are often discounts for young children. If your children are 16 or under, you may want to check on this when you purchase tickets.

Russian domestic airlines have, in general, improved their safety records. Quality of service on some flights lags behind that of the West; however, service on other domestic flights is sometimes even better than you might find in the US. Aeroflot is usually a good choice. An alternative to flying Aeroflot or one of its affiliates is the privately-owned TransAero [www.transaero.ru](http://www.transaero.ru), which flies to Yekaterinburg, Irkutsk, Norilsk, Novosibirsk, Omsk, Sochi, St. Petersburg, Vladivostok, Yuzhno-Sakhalinsk and other destinations. It also serves cities in other countries that were once part of the Soviet Union (the "near abroad") and the "far abroad"; Frankfurt, London, Paris, Tel-Aviv to name just a few. For reservations and ticketing, visit the TransAero office located near the Ministry of Foreign Affairs, not far from the US Embassy, on *Vtoroy Smolenskiy pereulok* 3/4. Or call 241-76-76 or 298-02-52. Another fairly reliable airline with both domestic and international flights is the Siberian Airline S7.

According to Russian law, you must show a passport to purchase train or plane tickets, though a copy will often suffice. Tickets may be purchased by credit card at "Inna tour" *ulitsa Tverskaya*, 12, stroenie 1; 933-77-78; 970-10-10.

If you're an American Express card holder, the American Express office (*ul. Usacheva, 33, building 1; 933-66-36*) can make reservations on Russian domestic airlines. The same is true for Diners Club members ([www.diners.ru](http://www.diners.ru)). Check for online reviews of other Russian commercial travel agencies before you use them, or ask your Russian hosts for recommendations.

If you are transiting through Moscow and are pressed for time, the Fulbright Office can purchase tickets for you. We will have them ready for you and you will only have to reimburse us the cost; however, please make sure to arrange in advance to pick-up your tickets from the Fulbright Office, and be aware of regular working hours and scheduled holidays.

As an alternative to flying, train travel is often convenient (depending on the destination) and generally comfortable, especially first-class compartments. There are even named trains *firmennye poezda* (to cities in the Baltic countries, and elsewhere) which are quite attractive.

## **BAGGAGE**

Railway station porters and "skycaps" can demand very generous compensation for their services. There have been reports that individuals have paid as much as \$40 per cart. While that would hardly be considered the going rate, you should be aware that there will always be individuals ready, willing and able to take advantage of the unsuspecting foreigner. Don't agree to any service until you know exactly what you'll be paying and never pay in advance. At Sheremetyevo, the current, "official" porter fee is around 150 rubles (if you speak Russian and act confident).

Most taxi drivers will not consider it part of their job to help you load and/or unload luggage. If you need help with your bags, negotiate this with your driver ahead of time and offer him about \$2.00 per piece.

As on the airlines, there is a weight restriction on baggage for train travel. Passengers with luggage weighing over 36 kilograms may be charged excess baggage fees. The process of paying excess baggage charges is time-consuming, so if you know or suspect that you will exceed the allowable limit, factor in some time for this little exercise when you decide when to arrive at the station.

Train compartments can hold only so many suitcases, so consider the volume of your luggage as well as its weight. If you're lucky, your train will have a baggage car. Please make sure to arrive early enough to investigate your options.

## **STAYING IN MOSCOW**

Whether you need a place to stay in Moscow before your permanent housing is available or simply want to spend some time here before continuing on to your final destination, you should make advance arrangements for hotel accommodations. If you give the Fulbright Office at least a week's notice (more if during the tourist season), we can help you. At the end of this handbook in the section entitled "Other Useful Information" you'll find a list of hotels in Moscow and Petersburg to help you make your choice or you can research them on the internet.

## WHAT TO DO WHEN YOU ARRIVE AND START TO SETTLE IN

### As soon as possible:

1. By Russian law, you **MUST** register your visa with the proper authorities within 7 working days of your arrival. Failure to do this will result in a fine, in addition to the regular registration fee. As quoted above, the current fee for registration (and/or extension) of your visa is about \$30- \$40. If you fail to register on time or overstay your visa, the bureaucracy and fees involved can be both time consuming and exorbitantly expensive.
2. Register with the American Embassy or Consulate at the website <http://moscow.usembassy.gov/registration.html>

It is a good idea to register with the Embassy for several reasons. In the event of an emergency situation the Embassy or Consulate must know how to find you. It is one of the primary responsibilities of the ACS and they take this job very seriously. Additionally, ACS can replace a lost passport (for the appropriate fee and with the necessary identification) and help out if you find yourself in trouble with the law. American Citizens' Services also stocks tax forms at the appropriate time and can help to obtain other information or just give you sound advice on any number of issues pertaining to Americans in Russia. In Moscow, call 728-55-77 (during the hours indicated above) for more information. What ACS **cannot** do is intervene on your behalf with the Russian authorities if you've let your visa lapse or try to enter the country without a valid visa. In those situations, you're on your own.

3. If you will be living in Moscow or St. Petersburg and want access to e-mail, there are numerous internet service providers as well as internet cafes. A list can be found in the *Moscow Times* or the *St. Petersburg Times*. Some providers offer pre-paid Internet access cards that function rather like pre-paid phone cards.

In other cities, the host institution should be able to help you with information for setting up an Internet account. Do not assume that your host institution will be able to provide you with Internet access (free or otherwise) as many of them currently find themselves in dire financial straits. Assume you'll have to supply this yourself. Your host institution knows that it is a courtesy, if not a required service, that they provide you with information and any necessary documentation for establishing an account.

## DEPARTING RUSSIA AT THE END OF THE GRANT PERIOD

When preparing to leave Russia, you need to do the following:

1. Make sure **WELL IN ADVANCE** that your visa registration and that of all your dependents is valid through a date after your planned departure. You will **NOT** be allowed to leave the country if your visa (and registration) has expired. You will be required to return to the organization which issued the visa support and apply to have the visa extended.
2. Make certain you have the migration card and customs declaration (if applicable) that you filled out when you arrived.
3. Get the appropriate permission to take works of art, rugs, musical instruments or books (printed prior to 1977) out of the country. Know that you may **NOT** take out "anything that may be deemed of historical or cultural value". Customs officers can interpret this to apply to a \$10 watercolor purchased on the Arbat as well as a priceless, 12<sup>th</sup> century icon. Customs



regulations are constantly changing. You may try calling the customs authorities (*Komsomolskaya ploshchad* 1a, tel. 975-4460) for the latest on restrictions. Good luck.

4. Inform the Fulbright Office of your departure plans. Will you need assistance (need to be met at the airport or train station) if you are transiting through Moscow? Will you need hotel accommodations? A week's advance notice (at least) would be helpful. Remember that you are responsible for these expenses.

5. Make sure you have settled all accounts with your landlord/landlady and have turned over all the keys. Do not forget any outstanding phone bills you may have.

6. Confirm your return flight with the airlines. Check with the airlines for weight restrictions on baggage. While carriers out of the US to Russia are fairly relaxed about quantity and weight of luggage, the same carriers flying out of Moscow will be stricter. For example, Delta from Moscow allows 1 free piece of luggage (a maximum of 23 kg) per passenger and charges for extra pieces and pieces that weigh more than 23 kg, unless the passenger has elite status. These charges are the responsibility of the scholar. Also note that airlines are constantly adjusting their baggage allowance restrictions, so your best course of action is to check directly with the airlines on-line or by phone before your flights. The Fulbright Office routinely drafts letters to the authorities at Sheremetyevo, informing them that the scholar has been in Russia for an extended period and is carrying educational materials for private use. Sometimes these letters have gone a long way in excusing an individual from the excess baggage charges. Other times they have had little or no effect.

7. Make certain your pets (if you are traveling with any) have the proper paperwork. Call your airlines in advance to find out what the regulations are and to make the necessary arrangements.

As of this writing, Russian customs imposes no fee for taking non-pure-bred pets out of the country; however, there may be a fee for taking pure-bred pets. A call to the airlines should clarify that. Regardless of the animal's pedigree, it will have to have a rabies shot at least 3 weeks and no more than 3 months before departure. If you acquired your pet in Russia and it is not a pure-bred animal, you will need to acquire a "certificate of worthlessness" showing that you are not taking an animal valued for breeding out of the country. Any reputable veterinarian will be able to tell you how to obtain the certificate. Pets which enter the country with you do not need the above certificate, but you must be certain that all the paperwork is in order when ENTERING the country, to avoid difficulties when LEAVING.

About 3 days before scheduled departure, take the animal to your vet for an examination and documentation certifying its good health. Inform him or her that the animal is leaving the country. On the day of your departure, take your pet to the "veterinary station" at the airport; at Sheremetyevo, it is to the left of the customs area. Make certain you allow extra time (above and beyond the 2 hours required by Russian authorities for pre-departure processing) for this task. At the veterinary station the officials will issue you the necessary international export paperwork.

8. At the airport, fill out a new customs declaration, if necessary, which will be compared to the one which you filled out when you arrived. If you have more than \$3000 on your way out, you'll have to go through the red line. With this new declaration, proceed through customs, airline check-in, and, finally, passport control.

# LIVING IN RUSSIA

## *Language and Culture*

If you don't speak Russian the best advice is to learn, but as you might find yourself a bit short on time, the next best advice is to at least familiarize yourself with the Cyrillic alphabet. Street signs, billboards (for the most part) and signs in the metro are only in Cyrillic and if you can at least sound them out, you'll have an easier time. Then, if you have some time left after that, learn a few courtesy phrases and the numbers. A Berlitz phrase book will do nicely for this, but if you'd like a bit more, check out the offerings in the latest RIS Publications catalogue [www.rispubs.com/store/](http://www.rispubs.com/store/). Russian in 10 Minutes a Day is a decent place to start.

If you'd like to do a little more, look into the Pimsleur language tapes (especially effective for language learners who don't do well with a structured, grammar-based approach), the Hugo's Russian in Three Months or any of the CD-Rom language learning aids.

Taking the time to read something like Gerhart's The Russian's World, Massie's Land of the Firebird or Riasanovsky's A History of Russia will help remove some of your uncertainty and anxiety about Russians, their history and their culture. Even deep reading of these books or others (suggested in the reading lists included in the State Department's Background Notes on the CIS-USSR and in the orientation materials prepared by CIES), will not give you sufficient insight for a complete understanding of Russia and the Russians, but if you can at least superficially acquaint yourself with the information in works such as these, much of what you will encounter will seem less unfamiliar, and less intimidating, once you're here. For political news addicts, Johnson's Russia List (an exhaustive compilation of articles on Russia from an astonishing array of sources) is a must. Contact David Johnson at [davidjohnson@erols.com](mailto:davidjohnson@erols.com) to be added to his e-mail distribution list.

If you've started to study Russian, you may want to continue once you're here. As you might expect, there is no shortage of people willing to give Russian lessons. There is, however, a problem with ensuring you get quality instruction and not just an hour or so of chit-chat with a native speaker (unless that's what you want). Quality is not insured by high price, but the going rate in Moscow and Petersburg for tutoring is \$20.00/hour. Of course, if you have an informal arrangement, perhaps with someone recommended by a colleague, the price and time should be negotiable. One way of getting around paying for Russian lessons is to offer to swap English for Russian.

If as a Senior Scholar you will need translating and interpreting services to lecture and/or prepare materials for instruction, please note that some funding is available for these services. You may make whatever arrangements necessary, though it is advisable that you not suggest that a colleague perform those functions for you. Rather, you should consult with the International Department of your host institution and arrange for a translator/interpreter through them. Accept only the services of someone whose work you find satisfactory and with whom you can form a productive relationship. Do not be afraid to switch translators if necessary.

## *Housing questions, renting an apartment*

Housing in Russia is and always has been a deficit commodity. In the past, and even now, Russians may wait years before the government allots them apartments. Though it is now possible to purchase apartments, many are still on waiting lists for heavily subsidized government housing. The housing market is in a state of flux, but it has been "fluxing" upward

recently in terms of price and downward in terms of availability. The Fulbright Office collects information about available apartments including apartments that current Fulbrighters are leaving and the apartments of Russian Fulbrighters that are available for rent. However, most of landlords are reluctant to keep their apartments vacant for a long time. Since the previous group of US grantees leaves in June and the next group arrives by September, we find many of these apartments unavailable for rent in fall. We also rely on the host institutions to aid our US grantees in the location of suitable, and hopefully affordable, housing.

The Fulbright Office and your host institution need to know what your specific housing needs are. Communicate them to us clearly and often, especially if they change. We'll do our best to meet your needs, but we will ask that you be flexible. What you want and/or need may not be within your price range, and may not even exist at all. Please note that the Fulbright Office does not have the staffing availability or expertise to search for and secure housing for arriving fellows. We are able only to share with you information that we have acquired from recently departed scholars.

Under the terms of the Senior Scholar Exchange, the host institution is responsible for locating appropriate housing for the visiting scholar. With any luck that happens. Be aware that although the practice is illegal, most landlords will demand that rent be paid in dollars or euros. Often finding housing happens through personal contacts. For a fee equivalent to a month's rent – or whatever lesser amount you can negotiate - a rental agency will help you find an apartment.

Above and beyond the question of availability there is the question of cost. The current housing allowance for Moscow should be just sufficient to rent a decent apartment near the center of the city. If you insist on all the western conveniences (including a renovated, Euro-style kitchen and bathroom), though, you should plan to pay well over \$2500 per month. Apartments beyond the Garden Ring (Moscow's equivalent of the Beltway) are considerably cheaper, though there is no guarantee that it will be up to Western standards. If you **must** live in the center, for whatever reason, you will have to be prepared to pay, from \$2000/month and up. The situation is similar in St. Petersburg but better in the regions, where your money will go much further.

Today there is no shortage of apartment locators and rental agencies. And as with the new multitudes of visa agencies and travel agencies, not all of these are equally reputable. If you are interested in this type of service, you can easily find many of them listed in the real estate sections of *The Moscow Times* and the *St. Petersburg Times* (both of which are on-line: [www.themoscowtimes.com](http://www.themoscowtimes.com) and [www.sptimes.ru](http://www.sptimes.ru)). Most agencies also have websites where you can view properties online. We can recommend Pulford Real Estate Agency, <http://www.pulford.com/>, for finding good accommodation in St.Petersburg.

No matter what you rent or how much you pay for it, it is in your best interest to draw up a written rental agreement with the landlord. While this is not the way which most apartment rentals have been handled in the past, written rental agreements are becoming more and more standard practice in Russia, especially in the larger cities. However, your landlord/landlady may initially take offence if you suggest that a contract be drawn up; the feeling will be that you don't trust them. Nevertheless, you should politely insist on having a signed contract. Some landlords, however, are equally interested in having a written agreement and will be happy to fulfill this request. If you work through an agency, your agent should have a standardized form and will also co-sign the form and provide the requisite agency stamp to make your deal official.

There is also a great degree of understandable hesitancy on the part of Russian landlords to have any evidence that they are receiving income from renting. Because of the current chaotic situation with Russian tax laws, most otherwise law-abiding citizens do not pay taxes. The

Russian tax police have become more and more vigilant about income from apartment rentals which goes unreported. Though the constitutionality of this has been challenged, they have even taken to visiting apartments unannounced to ascertain just who is living there. If the tax police come knocking on your door, don't open it (it is generally not a good idea to open your door unless you are expecting a guest), but do let your landlord know about their visit.

You can expect that your apartment, no matter where it is, will be furnished with the minimum necessary for a "normal" life but you may want to consider bringing personal items (such as kitchen utensils you can't live without, pictures and favorite knickknacks) which will make your rented apartment feel more like home. Most apartments have televisions, radios and phones, although none of these can be guaranteed, particularly in the "provinces". You may find that your apartment has no washing machine, and it almost certainly will not have air-conditioning or a dryer.

### ***Money – what currency to use and how to get it***

Russia's dual-currency system of past years has ended. By law all payment for goods and services must be tendered in rubles. In stores, hotels, restaurants and other establishments where credit cards are accepted, the practice now is to indicate the charge in rubles. When you use a credit card, your monthly statement will show the sum converted into dollars at an exchange rate which may differ from the one current at the time of the transaction, and many credit card companies charge an additional "foreign currency conversion fee" on all foreign transactions. Credit cards are more widely accepted than in the past, but you should always carry cash, as credit cards are not always accepted (even when a sign indicates they are).

It is wise to carry 2 different credit cards, in case you experience problems with one (if the magnetic strip fails to function or the establishment is unable to contact the card company for verification due to faulty phone lines, the salesperson will simply say that "your card shows insufficient funds" and demand payment in cash). Keep an accurate record of all account numbers, and the 800-numbers for reporting problems, separate from the cards themselves. If possible, have your cards protected against loss or theft. Most places that accept credit cards take Mastercard/Eurocard or Visa; fewer also accept American Express.

Private transactions (such as a rental agreement between you and a landlord) may take place with dollars as the desired currency. Because of the existence of this second, informal economy, you should be prepared to carry both rubles and dollars simultaneously.

ATMs are readily available throughout Russia now. In the larger cities, and at leading international banks and upscale hotels in particular, some of the bank machines provide the option of making withdrawals in either rubles or dollars. It is generally a good idea to limit the overall number of bank machines that you use, and while it is impossible to determine which machines are the most secure, a general rule of thumb is to use machines that are located inside shopping centers or grocery stores or are within a bank branch or hotel. You may find it useful to open two separate checking accounts so that you can still have access to cash if one of your cards fails or if you reach the daily withdrawal limit and still need cash to pay your rent or other big-ticket items (remember that you will need to take into account major time differences when figuring out when your daily limit begins and ends, especially over long weekends).

Given the difficulty of getting large amounts of cash quickly, many scholars choose to bring cash with them from the US (if you choose to do this, please carefully conceal your funds and do not bring more than you are comfortable carrying with you at any given time).

## Obtaining dollars

Still, getting dollars in Russia is easier than it was in the past. Credit cards or debit cards can be used at banks throughout Russia for cash advances (it is good practice to contact your credit card companies in advance of your travel to Russia and inform them that you will be living in Russia and will need access to your credit cards during your trip). If you have a choice, you should stick to the larger, more well-established banks such as Citibank or AlfaBank which are more familiar with these types of transactions. A few recent US grantees have reported success exchanging travelers' checks for cash in major cities. Ask detailed questions of your travelers' check provider before using this option. If you are an American Express card holder, you will be able to cash AmEx travelers checks at their offices in Moscow and St. Petersburg, and you may also be able to set up a system in advance that will allow you to cash personal checks drawn on your U.S. bank account at the American Express offices.

## St. Petersburg

The situation in St. Petersburg is similar to that of Moscow in that you should have little difficulty supplying yourself with cash. The American Express office in the Hotel Grand Europe (off Nevsky Prospekt across from the Philharmonic) has two ATMs, one of which dispenses dollars and the other, rubles. There is also a reliable ATM in the supermarket in the *Passazh*. The Inkombank branch in the hotel claims to be open 24 hours/day for currency transactions; hotel guests have priority at any time over non-guests.

## Changing dollars into rubles

As of this writing (May 2013), the official ruble exchange rate has risen to about 31 rubles to the dollar. There are 100 kopecks to a ruble. The ruble has weakened recently due to the ongoing financial uncertainty in Europe. Exchange offices/points (*obmennyy punkt*) offer varying rates, but tend to be close to the official rate.

Exchanging money is a relatively simple operation, no matter where you are. In the larger cities, where there are exchange offices literally on every corner, choose your exchange point by looking carefully at the rates. The exchange rate advertised in large numbers may include restrictions. It has become common to offer an enticing exchange rate that, if you look more closely, is only for individuals exchanging a minimum of \$1,000 or more per transaction (we have seen the minimum as high as \$10,000 per transaction). If you are exchanging small sums, the exchange rate at these locations may be significantly lower.

**Be aware that many banks and exchange points will reject old, worn, torn, marked, or otherwise less-than-perfect bills.** At best, they will exchange them only for a ridiculous surcharge (5% or even 10%) but more likely, they will reject them outright. Make sure the money you bring with you is new and **completely** unmarked. Your bank in the US can provide you with new currency if you give them some advance notice.

One small, but incredibly frustrating last point about spending money in Russia is that cashiers in stores and just about anybody selling anything has a certain loathing for making change. Despite the fact that the cashier may be seated before a register drawer stuffed with change, she can request that you give her exact change before she can be troubled to make it herself. Sometimes, unless you are able to produce exact change, you may be prevented from making the desired purchase. Know this and be prepared: take plenty of smaller bills and small change when you go out.

## **Mail questions**

As mentioned earlier, Fulbright scholars have ONLY incoming mail privileges (letters and one magazine subscription) through the American Embassy in Moscow and the consulates in St. Petersburg, Yekaterinburg and Vladivostok. See the **Mailing Privileges** section above for the appropriate addresses.

For scholars in Moscow, mail is delivered to the Embassy once a week. It is then brought by courier to the Fulbright Office, though not always immediately. Mail from the US takes about two weeks to arrive. Mail deliveries to the Embassy are affected by American, Russian and Finnish holidays.

For scholars in St. Petersburg, Vladivostok and Yekaterinburg, mail is held for pick up at the PAS office. Exact procedures and addresses for these scholars are determined on a case-by-case basis, depending on who is located where during a given year.

Because customs regulations can be arbitrary, do not ship large quantities of printed matter, books, etc. as "unaccompanied luggage" or "cargo/freight" via any airlines or through DHL, FedEx or the Russian mail to yourself or the Fulbright Office. These items must pass through Russian customs and you may be required to pay customs duty on them. ***Any cargo that customs deems to exceed a one-time, 35 kilo "personal baggage allowance" may be subject to duty at the rate of 4 euros per kilo. These charges may be applied to excess baggage that you are physically bringing in to Russia – or they may not. They may also be applied to parcels that you have mailed to you inside Russia – or, more likely, they may not.*** Additionally, these items may be impounded and a charge assessed for each day they are in custody until they can be legally ransomed. If you send items into Russia and supply a declared value, it is highly likely that your items will be held at customs until you personally claim them and pay customs duty on the full declared value.

## **Communications**

### **Telephone**

The rent for your apartment should include utilities, including local phone service (if you have a phone), but may not include charges for long-distance calls. Make certain you clarify this with your landlord/landlady when drawing up your rent agreement. Be aware that your phone may not be capable of making long-distance or international calls. Since Russian cell phones often use a long-distance extension (the number 8), you may not be able to dial a cell phone from your apartment phone. If you will be responsible for paying your home phone bill, make sure to request details from your landlady/landlord in advance about the procedures for doing this. You will likely need to take the phone bill that is delivered to your apartment with you to a nearby state bank. At the bank, *Sberbank* or *Sberkassa*, you will need to go to the utilities window (*kommunal'nye uslugi*) in order to pay your bill. It's a good idea to keep your receipts in case there are questions at a later date about payment, or in order to settle accounts with your landlord at the end of your stay.

Domestic long-distance calls require that you first dial 8, wait for a dial tone, then dial the appropriate city code and the necessary number. To make international calls, dial 8, wait for the dial-tone, then dial 10 for an international line. Once you have the line, dial the country code (1 for the US), the area code and phone number you need. You may also place an international call through an operator by dialing 8 and then 194 or 196. Ask for an operator who

speaks English if you do not speak Russian. You may do the same from a hotel in Moscow by dialing 333-41-01 (with a Sberbank phone card) or from a St. Petersburg hotel by dialing 315-00-12.

The easiest way to make long-distance or international phone calls is to purchase a pre-paid phone card from one of the many kiosks on the street or in the metro. The cards range in price from \$5-\$25 and can provide 1-4 hours (orange-colored Hallo Mama cards have local numbers in Moscow, St. Petersburg and about a dozen other Russian cities, and for approximately \$10 you can receive up to 15 or more hours of talk time to the United States). Many international calling cards often have instructions in English. Cards for calling the US sometimes have pictures of the American flag on them. You can also ask the salesperson what they recommend for calling the US. Calling cards can also be useful for calling long-distance within Russia.

### **Cellular Phones and Skype**

Most scholars find it useful to purchase a cheap cell phone upon arrival in Russia. Unlike in the United States, most cell phones are sold separately and do not come with locked-in payment plans. Funds can be added to your cellular phone account through pre-paid cards or through the numerous electronic kiosks that have sprung up throughout all of Russia's major cities (especially at train stations, hotels, and shopping malls). Some of the biggest cell phone providers are Bee Line, MegaFon and MTS, though there are many others available now. Nearly everyone you meet in Russia will have a cell phone (even if they do not have a home phone). If you attempt to purchase a phone and provider immediately upon arrival to Russia, you may be asked for proof of registration (if you have already been registered, then this should not be a problem). If you have not yet been registered and the provider insists on seeing proof of registration, then simply look for another provider (someone will eventually be willing to sell you a phone and plan). Skype internet service is also easy to arrange and has worked very well for many scholars as a means of remaining in touch with friends and family back home.

### **Express mail**

There are a number of **international express mail services** available in Moscow and St. Petersburg:

- **Federal Express**, various locations in Moscow; e-mail: [callcenter@elf91.com](mailto:callcenter@elf91.com); [www.fedex.com](http://www.fedex.com)
- **DHL International**, various locations in Moscow; e-mail: [dhleng@ru.dhl.com](mailto:dhleng@ru.dhl.com); [www.dhl.com](http://www.dhl.com)
- **TNT Express Worldwide**, ul. Svobody, 31 in Moscow; (495) 797-2777; 797-2701; 797-2777; e-mail: [tnt@tnt.com](mailto:tnt@tnt.com); [www.tnt.com](http://www.tnt.com)
- **UPS**, 8 B. Tishinskiy, Bld 2; 961-22-11, fax: 254-40-15; [www.ups.com](http://www.ups.com)

### **For domestic (Russian) express mail:**

- **EMS GarantPost**, (<http://www.garantpost.ru/about/contacts/>)  
in Moscow: 728-41-51, fax: 956-26-54  
in St.-Petersburg: (812) 325-75-25;



## ***Health questions and medical care***

If you're on a prescribed drug, please make sure you bring in enough medications that would last till your next travel to the US. There's no way your Rx can be mailed/express-mailed to Russia. Finding an appropriate local equivalent can also be tricky.

### **Outside Moscow and St. Petersburg**

Medical and dental care facilities on a par with the West may be lacking in regional cities – though if you need medical treatment, you will probably have to resort to the local facilities. If you know a little bit about what to expect, the experience will be less traumatic. Russian medical care practices can seem quite mysterious to Americans. Russian hospitals and clinics in the regions often have difficulty obtaining basic supplies and medications. In the event that you must be treated in any of these facilities, never agree to an injection or an intravenous procedure unless you are certain you understand the nature of the treatment. Contact your host institution or the Fulbright office in Moscow if you need help.

In cities other than Moscow and St. Petersburg, make it a priority to check out the available medical facilities (emergency and otherwise) and familiarize yourself with them soon after you settle in. Even in Moscow and Petersburg, it's a good idea to make a visit to the clinic, meet the doctors, find out if any speak English and whether or not they make house calls (the art of house calls is not yet dead in Russia). The more you know in advance, the better your chances are of receiving the effective medical treatment we hope you will never need.

The Russian equivalent of "911" is **03**. If you don't speak Russian, however, the chances that you will be able to communicate your urgent medical needs are slim. You will need an alternative plan, possibly the phone number of a neighbor or colleague who speaks English and would be willing to help you in case of an emergency. That individual could then be charged with making the necessary call to **03**. The best alternative plan would be to have the number of a western clinic (if there is one where you are) with 24-hour emergency medical or ambulance service available and where English is readily spoken.

### **Medical care in Moscow and St. Petersburg**

For routine medical and dental care, Moscow and St. Petersburg have a number of clinics and facilities which use modern equipment imported from the West. Many of their staff have been trained abroad and are familiar with western practices and standards. As you might guess, services in these clinics are not cheap. Most will accept credit cards for payment and some have agreements with health insurance companies in the US, though generally only if you work for a foreign company with a large office in Russia. Some of these clinics will also give you the option of purchasing a membership in their health plan to enable you to make use of their services for a reduced fee. Some western clinics will require you to pay for treatment in advance but getting reimbursed via your ASPE Fulbright insurance is straightforward.

The following information has been culled from that offered by the Medical Unit at the American Embassy in Moscow and from other sources. The fact that any clinic is included here does not constitute an endorsement of any kind.

## **IN MOSCOW:**

1. **American Medical Center**  
*Prospekt Mira 26/6*  
tel.: 933-77-00, fax: 933-77-01  
<http://www.amcenter.ru/en/contacts>

Russian and American physicians; most speak English. Receptionist answers in English. 24-hour service, including telephone consultations. Membership recommended, but not required. Pharmacy on-site, dental services.

2. **International SOS Clinic**  
*Grohol'skii pereulok, 31*  
10 etazh (floor)  
tel.: 937-5760, fax: 937-5977  
[www.internationalsos.com/Countries/Russia/](http://www.internationalsos.com/Countries/Russia/)

Provides a wide range of services, laboratory, x-rays, and a variety of specialists. They also provide **medical evacuation services** via their 24-hour **Alarm Center** (tel: 937 6477, fax: 937 6472). Membership recommended, but not required.

3. **American Clinic**  
*Grokholskiy pereulok, 31*  
tel: 937-5757, fax: 937-5774

American Board Certified Physicians, full diagnostics, open 24 hours, ambulance. Russian and English speaking staff.

4. **European Medical Center**  
*Spiridonievskii pereulok 5, stroenie 1*  
tel.: 933-66-55, emergency: 933-66-55, fax: 933-66-50  
affiliated Dental Center: 1-ii Nikoloshchipovskiy 6, tel. 933-00-02

Combined facilities with Russian Polyclinic #6. Staffed by French and Russian physicians. English/French/Russian spoken. Pharmacy, laboratory testing, optics. Medical, dental and eye emergencies. No membership required.

5. **International Medical Clinic**  
*Grokholsky pereulok, 31*  
tel: 937-57-60 fax:937-59-77 (By appointment only)

Jointly owned by International Medical Care and ROSNO Insurance. Staffed by non-Russian general practitioners, non-Russian nurses, and Russian and non-Russian medical co-ordinators. Family practice clinic with emergency room capabilities. On-site pharmacy and laboratory, x-ray and ultrasound performed at Polyclinic #1. Patients requiring hospitalization are sent to the Kremlin Hospital. Has several health care plans.

7. **American Dental Center**  
*1-st Tverskaya-Yamskaya St., 5*  
tel. 730-43-34 fax; 730-34-71  
e-mail: [adconline@hotmail.com](mailto:adconline@hotmail.com)  
[info@americandental.ru](mailto:info@americandental.ru)  
[www.americandental.ru](http://www.americandental.ru)

This newly opened American Dental Center does regular American dental checkups and cleaning.

***In Petersburg:***

1. **American Medical Center in St. Petersburg**  
*Nab. Reki Moiki, 78*  
tel: (812) 740-2090, fax: (812) 310-4664  
<http://www.amclinic.ru/>
2. **MEDEM International Clinic and Hospital**  
6 Marata St., St. Petersburg  
+7 (812) 336-3333  
<http://www.medem.ru/english/>

**Water**

In Moscow the quality of the water varies from region to region, between houses on the same block and apartments in the same building. It might even vary within your apartment, depending on time of day, or season of the year. While it is not dangerous to drink the water in Moscow or brush your teeth with it, most foreigners and many Russians drink bottled water. You can buy bottled water many places or even have it delivered in large quantities.

The situation in St. Petersburg is quite different. The water in this city built on a swamp is known to contain an unpleasant intestinal parasite known as *Giardia lamblia*. When properly diagnosed, the condition is treatable but the treatment is extremely unpleasant as well. If you are living in St. Petersburg do not drink or brush your teeth with the water and keep your mouth closed in the shower. In addition, be careful to order all your drinks without ice.

In general foreigners are more susceptible to local water parasites. Thanks to the fact that Russians live with the water on a daily basis, they have built up their own immunities. Though there is nothing you can do to be completely safe from any infection, water-borne or otherwise, it is good practice to drink only bottled water and boil tap water for at least 5 minutes (10 minutes in Petersburg) before using it. Iodine tablets, commercially available as Globaline, are also effective. Water filters, which are readily available, will not eliminate parasites but will make tap water look and taste better.

Note also that across Russia, city governments will shut off the hot water to various regions of the cities in the summer for repairs to the system. Your region will receive some sort of notification prior to the shutoff, though significant advance notice is rare. During the time that your building is without hot water, you may do as the Russians do and either make use of the nearest *banya* facilities, or go shower at a friend's house. Plan B is to make sure that you have lots of pots to heat up water in on the stove. If you are lucky enough to have a private hot water heater or gas-based Russian *kolonka*, then you should not suffer the loss of hot water during this time.

Finally, you will probably find that life in Russia is especially fatiguing, both in a physical as well as a mental sense. Normally healthy individuals will experience a more acute sense of fatigue from simple, day-to-day living than they would in the US. Because of this fatigue, you are often much more susceptible to illness. Therefore, you should take extra precautions to guard your health. Pay close attention to your body. Be generous with yourself when you feel the need to rest and re-energize.

Be aware that Russians, in general, hold to a different standard of personal hygiene than most Americans and you will witness frequent sneezing and coughing in public places without the benefit of hand-covering. This can only mean a good dose of germs is coming your way. Thorough hand-washing after rides on the metro or other forms of public transportation is recommended. Do not eat fruit and vegetables purchased from vendors until you have thoroughly washed and peeled them. While most food purchased on the street will come in its own wrapper or bottle, be wary of soft drinks sold in open containers and baked goods, which are often sold unwrapped.

Air quality in Russian cities is uneven and may cause problems for people with respiratory problems. Add to this the fact that many Russians are heavy smokers and that ventilation systems in restaurants, cafes and public spaces are often less than adequate. Allergy sufferers will also be in for a hard time. Make certain you bring a sufficient supply of any prescription or OTC drugs for these problems. If you are someone who is sensitive to new surroundings, or if your immune system is susceptible, take the necessary precautions.

### ***Crime and other concerns***

In Russia in general and especially in the major metropolitan areas the best advice regarding crime is to be as careful as you would be in any large city in the US or the rest of the world. Use common sense. Do not walk alone at night, especially in areas which are unfamiliar to you. Do not venture out onto the streets if you are intoxicated – you not only risk being the target of mugging, but you can be picked up by the police and taken to the drunk tank. Try not to look nervous or frightened if you find yourself in unfamiliar surroundings. Never use a *chastnik* (gypsy) cab if you are alone and/or in an area you do not know. If you do decide to use a *chastnik*, NEVER get into a car in which there are other passengers. Actually, unless you are an inveterate risk-taker, it is a good idea not to use the *chastniki* at all if you do not speak Russian well.

Keep your purse, backpack or briefcase close to you and in sight when in the metro, bus or trolleybus. It is a good idea not to carry large sums of money at any time (if this is avoidable) and it is probably an even better idea to carry money on your person only. Be especially careful in the large crowds which form in the metro during rush hour and at the various open-air markets (such as the one at Izmailovo) and *rynki* (farmers' markets). The pushing and shoving that routinely occurs in such crowded places present ideal opportunities for pickpockets, whose stealth is notorious.

At the risk of sounding politically incorrect, watch out for the gypsies (who may well be Uzbek or Tadzhik refugees rather than ethnic Roma). Although they are far fewer in number than at any time in the past, they remain particularly active in the historic center of St. Petersburg. Gangs of younger children can surround an individual and pick his/her pockets in no time. Older ones, especially women, try to "hypnotize", or use various other tactics to distract the individual while getting what they want from purse or pocket. Though there have been instances where foreigners have been injured in physical attacks (by Russians as well as by gypsies), the usual harm suffered is loss of money, documents, other valuables and dignity.

While there is nothing criminal about it, and it does not happen often, foreigners (especially those who have anything remotely "Caucasian" in their looks: dark hair and complexion, dark beards and/or mustaches on men) have been stopped on the street by the Russian police and ordered to show their documents. The Russian police have the right to "stop and search" you at any time. While you should carry your passport and visa with you in the event you are asked to produce valid proof of your right to be in Russia, you also run the risk of losing them or having them stolen. It has been suggested foreigners carry photocopies of their documents,

but the authorities can refuse to accept them as valid proof. There is no one answer, but a copy of your passport and visa shown to a policeman, together with an explanation in English, might satisfy.

In a nutshell, the best advice anyone can give is to keep your head up, your eyes open and don't do anything stupid. Or if you do, be prepared to pay for it.

## ***Maps and Transportation***

You can easily obtain very usable city maps (some showing public transportation routes) for the city where you will be living. As already mentioned, most travel guides include city maps. Check the local bookstores once you're settled in and ask your hosts for information on where maps and guides (and anything you'll need to feel at home in your new home) can be purchased.

## **Newspapers**

Locally published English-language newspapers with listings of cultural events, restaurant reviews and Russian and international news are now readily available in Moscow and St. Petersburg. These include *The Moscow Times*, *The Moscow Tribune*, *The St. Petersburg Times* and *The Neva News*. They are distributed free of charge and can be found in various locations around the cities, particularly in restaurants, western-style grocery stores and hotels that cater to foreigners. *The Moscow Times* also includes a map showing where you can pick up a copy. Both *The Moscow Times* and *The St. Petersburg Times* are online at [www.themoscowtimes.com](http://www.themoscowtimes.com) and [www.sptimes.ru](http://www.sptimes.ru). In Moscow and St. Petersburg, major European newspapers and Western magazines are available.

## **Public Transportation**

The most extensive and probably most reliable form of public transportation in Moscow and St. Petersburg is the metro (subway). As of May 2013 the price for a single subway ride, trolleybus or streetcar ticket is 30 rubles. The Moscow metro operates on a magnetic ticket system. Tickets for one, two, five, 10, 20 and 60 rides can be purchased in every station, as well as monthly passes. The price per ride goes down when you buy multi-ride tickets, but be aware that multi-ride tickets expire 30 to 45 days after they are purchased. In St. Petersburg one token is used for both the metro and the public phones. Buses, trolleybuses and trams in Moscow now use electronic tickets (*bilet*) which must be validated once you get on. *Bilet* are available individually from the driver, though buying them from the driver always costs more than purchasing them in advance. You can purchase *bilet* from special transportation kiosks, from vendors at the entrances and exits to the metro, and in Moscow from the orange "All Card" kiosks that seem to be everywhere.

Monthly passes are available for the metro for limited (subway only) and unlimited use (to cover all forms of public transport). The latter are still referred to as a *yediniy billet* and in dollar terms are a good bargain. Passes go on sale towards the end of one month for the following month (sales continue into the first few days of the next).

Public transportation in cities other than Moscow and St. Petersburg is mainly limited to above-ground buses, trolleybuses and trams, although certain large cities (with more than 1 million residents, such as Nizhnii Novgorod and Novosibirsk) also have a metro. There may be *marshrutnye taksi*, whose routes often fill in the gaps left by the busses and trolleybuses. Moscow now has something called *Avtolain* which is basically the old *marshrutnoe taksi*. A ride

in a *marshrutnye* generally costs between 25-30 rubles and the price should be posted in plain view on the door of the van.

## **Cabs**

"Official" city taxis are yellow and have a *taksi* sign on the roof and a green "for hire" light in the upper left corner of the windshield, however, they can be very hard to find. You can either attempt to hail a cab on the street (with no guarantee that you'll get one to stop for you or that the driver will agree to take you where you want to go), or if you want to be more certain of having transportation, you can call to reserve a taxi ahead of time. If the cab doesn't have a meter, make sure that you agree on a fare in advance.

There are also private taxi companies, as well as firms that supply cars with drivers and "limousine" services. These firms book in advance to make trips about town (\$20-\$30 one way) and to any of airports (\$50-70 one way) and train stations.

Though the city taxis should, by regulation, have meters, not all do and not all drivers use them. In general, the cost of a "short ride" is about 300 rubles in Moscow. In the evenings and in bad weather, the city taxi drivers have been known to up the ante and to even refuse a fare if they feel it isn't worth their while.

Lately the Fulbright Office has been using the services of some cab companies that takes phone reservations at 956-8-956 and 730-17-55. Also, we can recommend a reliable and helpful driver Alexander who is available at 506-3132 in Moscow. Where in Moscow has a list of companies in its *Spravochnaya* section.

## **Shopping**

### **Western-style stores**

Shopping for food (and just about everything else) in the major cities is much easier than ever before. Moscow and St. Petersburg have western-style grocery stores, sometimes referred to as *supermarkety* or *hypermarkety*, which carry a wide variety of goods in the Russian equivalent of "one-stop shopping". Large, reliable groceries with locations all over the city are *Sed'moj continent* and *Perekrestok*. There is also a giant *Auchan* hypermarket (super wasn't a big enough word to describe this store) located in MegaMalls in southern and southern Moscow (free buses run from several metro stations). These stores all accept credit cards.

Another option for those living in Moscow is to order groceries through Utkonos ([www.utkonos.ru](http://www.utkonos.ru)). To do this, you'll need to register an account with the store and then place your order online. By ordering certain items in bulk, you'll be able to save significantly. You'll also have the added convenience of being able to stock up on staples all at once without having to carry everything home yourself.

There have been instances recently where shoppers have found goods (especially imported canned and dry goods) whose "use by" date has already passed. When shopping, check expiration dates carefully before buying. There is little chance of a refund or replacement if you find that you've purchased defective or spoiled goods.

## Russian grocery stores

Russian *produkty* (grocery) stores offer a much greater array of products (both Russian and imported) than ever before and it's entirely possible to use their services fully, without ever having recourse to the (generally) more expensive western-style stores. What these establishments do offer, that the western stores do not, is the opportunity to sample the fabled "Russian style of shopping", a totally arcane way of purchasing something. The suspicion is that it was first invented to enable the country to boast full employment because it requires 2 and sometimes 3 people to do the work of 1. If you find yourself in this situation, take a few minutes to observe what the local Russians are doing and follow suit.

As in Europe, Russian stores also specialize: you'll find bakeries, stores which stock only dairy products, those which carry dry goods, household goods, etc.

## Markets

Every city has at least one *rynok* (private / farmers' market) for fruits and vegetables, meat, dairy products, pickled and preserved products, spices and flowers. For fruits and vegetables, quality, price and availability vary with the season, but today it's entirely possible and not at all a surprise to find fresh strawberries in the middle of winter and exotic fruits which you may never have even heard of before. The same is true for flowers.

Most foreigners are squeamish about purchasing meat and dairy products at the *rynok* as none of these are kept refrigerated and standards of hygiene hardly compare favorably to those in the west. If you do choose to buy meat and poultry at the markets, go early while you still have the chance it will be more or less fresh.

While prices at the market are sometimes negotiable, the practice of bargaining is not widespread. You can always try to cut a deal with a seller, if you take 2 kilos instead of 1 or buy a lot from her, but don't expect haggling to be any sort of rule.

## Department stores

Moscow and Petersburg have quite a few department stores with a decidedly western orientation. In Moscow, there is GUM, and its poorer cousin TsUM, both of which have been taken over by up-scale global brands in recent years. Both GUM and TsUM are more like malls than department stores in the American sense. For the well-heeled, there is *Petrovskiy Passazh* in Moscow and similar establishments in St. Petersburg. Moscow also now has two MegaMalls, anchored by an Ikea and the aforementioned Auchan. One is located in the north, the other in the south. These are by far the most Americanized places in Moscow and sport, among other things, a food court complete with KFC, Pizza Hut and McDonalds.

## Eating Out

The days of cheap living in Russia are over but despite the overall impression that Moscow and Petersburg are cities for the rich, you can find good restaurants with reasonable prices. Most travel guides provide restaurant listings and Moscow restaurants are reviewed every two weeks on the Moscow expat website, [www.expats.ru](http://www.expats.ru). Ask around for recommendations. If you rely on a travel guide such as a Lonely Planet or Fodor's for restaurant information, double check that the place you are interested in still exists since restaurants open and close all the time.



In the major cities, those of you with hankerings for American fast food will find them easy to satisfy as McDonald's are becoming a common sight. There are other "American-style" restaurants, fast-food and otherwise, including four "Starlight Diners" and several T.G.I. Friday's in Moscow.

While you might feel comfortable inviting colleagues out for dinner or lunch (many restaurants offer "business lunch" specials), it is less common for a Russian to invite you out. Though generalizations are always dangerous, it is safe to say that Russians generally prefer to invite guests to their homes. Entertaining guests usually means feeding them and this is usually done at home.

Tipping is expected in restaurants. 10% is a good rule of thumb, though you can go higher if you feel it is appropriate. Many of the better restaurants include a service charge.

Slow and almost rude service was once the norm in (Soviet) Russian restaurants. The situation has improved dramatically in both aspects. Still, be aware of the expectation that the restaurant-goer is out for the evening and unless you make it clear that you are not, expect that your evening will be very relaxed and unhurried.

## ***Entertainment***

Whether or not you speak Russian, a wealth of activities are available to you when you have the time to engage in something other than work. You may take in ballet and opera at the newly renovated and re-opened Bolshoi Theater, the Grand Kremlin Palace and the Stanislavsky/Nemirovich-Danchenko (affectionately known as the "Stan and Dan") Theater in Moscow; the Kirov and the Mariinskiy in St. Petersburg. There are dramatic theaters, specialty theaters (the Kuklachev cat circus or the puppet theater in Moscow) and the oft-suggested circus. Museums are too numerous to count. Cultural events are generally very affordable. You can purchase tickets from the box office at the theater or from any of the many theater kiosks on the street. Don't expect to have a lot of choice in seating, however, since the kiosk may only have one pair of tickets for the show you want to see.

For those of you hungry for a taste of home, Moscow and Petersburg have movie theaters which regularly show the latest US releases. These are now typically dubbed into Russian unless specifically stated as in English and/or subtitled. Going to the movies will cost you as much as in the US and there's no cheap daytime matinee. There is, however, popcorn.

## ***Social Life***

Russian society, to some extent, has changed in recent years. Consequently, social contacts between American scholars and their Russian hosts have changed as well. There is no longer the same fear and loathing, the suspicion which the 'bad old' Soviet days instilled in Russians in relation to foreigners. The downside to all this is that foreigners have lost their "novelty" value and all too often we're treated just like ordinary Russian citizens.

Some scholars have remarked that it is hard to meet people and get to know them. Work-related contacts in professional settings also pose a kind of problem, but in a different way. Russians are learning quickly about "networking" and that is readily evident in their professional dealings.

If you're interested in socializing, you'll probably need to expend the same sort of effort you would when you move to a new town, especially if the local populace is not particularly

outgoing. This is true in the major cities, which boast a more "sophisticated" style of life where people have busy schedules full of obligations. It may be less of a problem in the "provinces" where the pace of life is slower and foreigners still are more of a novelty. Some say that Moscow and Petersburg are similar to New York or Washington, in terms of the ease with which a newcomer might fit in, while the regions are more like the American Midwest.

In any case, when you do make friends, you will find that "friendship" for many Russians is an all-encompassing and sometimes smothering thing. In their personal relations, Russians can, as do all human beings, exhibit some characteristics which Americans might find difficult to understand. Undoubtedly, we present the same mysteries to the Russians. Some of these Russian peculiarities are: a fluid concept of time (what is late, what is early, what is on time); the inability or lack of desire to set a date and time for a meeting and then to hold to it without countless demands to call and reconfirm beforehand, or to cancel an engagement, giving no notice; difficulty in giving directions (not knowing house numbers, street names, etc.); "openness" in speaking which might appear to lack boundaries, and little understanding of the concept of "private space". Of course, having said all that, Russians could certainly come up with a similar list in relation to Americans.

Russians like to entertain guests in their homes, even if their home is a cramped, one-room apartment. There are customs and expectations associated with this type of socializing which both sides try to strictly observe. As times change, however, you'll find that these "rules" are relaxing.

In Russia, the proper guest brings some sort of small gift, especially if the visit is a first one. Flowers are a good suggestion for the hostess, though make sure to bring a bouquet with an odd number of flowers since superstition has it that even-numbered bouquets are reserved for sad occasions such as funerals. Chocolates are almost always welcome, and a bottle of wine or other spirits won't usually be turned down by the host (though they may not open and serve the wine during your stay). The host / hostess will offer you the choice of removing your shoes when you enter the apartment (it is common courtesy to accept) and you'll be given a pair of slippers to put on. Most people today don't insist on this, and especially with foreigners, whom they realize are unaccustomed to this practice.

Before you leave the US, you may want to think of small items you can bring as parting gifts for your colleagues. These should be things which will remind them of you, your university or home state. It's hard to say what is appropriate as a parting gift; you're the best judge of what articles might leave a suitable lasting memory. Coffee-table books of your city, state or university, desk calendars with pictures might be a good idea. Any other gifts you'll need during your stay can easily be found here: fancy chocolates, coffees and tea, liquor, small personal items, etc.

### ***Travel in Russia***

As long as you have the cities listed in your visa application, Fulbright scholars will be able to travel throughout Russia either for business, at the invitation of colleagues from their host institution and other universities, or for pleasure. No matter what the nature of your travel is, much of the information you'll need when you're considering such a trip is in the section above entitled: **ARRIVING IN MOSCOW: Purchasing plane and train tickets in Moscow.**

Air travel is more comfortable than it used to be, but for short trips you may be severely restricted in terms of luggage (TransAero has a maximum 20 kgs of luggage per passenger). On some flights no carry-ons are allowed. Excess baggage charges can be exorbitant: 10% of

your total ticket price for each kg over the limit. For the most part though, you'll be able to get where you're going.

If you are not traveling too great a distance, train travel is frequently a good option. It is good to assume that you will have limited dining facilities during your trip, though most trains have a dining car, and individuals will also frequently pass through the cars selling limited snacks, beverages, and reading material (in Russian). Your *provodnik/provodnitsa* (or train attendant) will usually also be happy to provide you with a hot glass of tea (usually already sweetened with sugar) for a small fee. While most train tickets now include additional fees, you may find that you are charged a small linen fee for overnight trains which is in addition to the base ticket price. It usually includes a small towel in addition to the sheet, pillowcase and blanket. Depending upon the season (and sometimes contradictory to the season) trains can be alternately freezing cold and exceedingly hot, so come prepared.

Unless you are traveling with a group or have purchased the entire compartment for yourself, you will be assigned compartment mates at the management's discretion. When you board and meet your fellow travelers, if you feel at all uncomfortable about making the trip with them, let the *provodnik* (conductor) know and ask if other arrangements can be made. The *provodnik* will be responsible for checking your ticket and supplying your linens and can sometimes provide certain other amenities for a fee. As mentioned, tea is often available, but you're wise to bring tea bags in the event there's only boiling water. You may wish to bring your own food and bottled water, along with toilet paper, soap (liquid soap, especially the liquid, disinfectant kind) and moist wipes.

Hotel accommodations must be arranged in advance. Depending on the city to which you are traveling, you will find a great divergence in quality and availability of hotels and other accommodations. When traveling in conjunction with your academic responsibilities, you can ask your host university or contact in the city to be visited to take care of the necessary arrangements. Most will be happy to do so. If traveling for pleasure, any reputable travel agency can reserve hotel rooms and make any other necessary arrangements.

### ***Bringing your family***

Deciding to have your spouse and/or children live with you during your grant period can be difficult. In the past, scholars have reported both positive and negative experiences. This is a personal issue and our role is to give you sufficient information to make an informed final decision.

If you choose to bring your school-age children with you for a significant period of time, you will have to decide on schooling unless you plan on home-schooling. Enrolling children in a Russian school for less than a school year is possible, but it presents certain administrative problems as well as being of questionable benefit to the child who does not speak Russian. In any event, if you are even considering such a step, you should bring all necessary documents for your child with you including school transcripts, immunization records and anything else which adequately describes your child's aptitude and progress in school to date.

Probably the two best-known international schools for English-speaking expat children in Moscow are the Anglo-American School ([www.aas.ru](http://www.aas.ru)) and the British International School (<http://www.bismoscow.com/>). The Anglo-American School's first priority is to serve the children of U.S., Canadian and British diplomats. Tuition is expensive – on par with top-tier prep schools in the U.S. – and short-term admissions are not permitted. More detailed information is available on the AAS website, or by phone at 231-44-88.

In the past scholars have enrolled their pre-school age children (ages 3-6) in Russian kindergartens (*detskii sad*) and have had both good and bad experiences. In Moscow and St. Petersburg there are also private, English-speaking preschools, though they can be quite expensive. Your contact at the host university may be able to help you if you decide to go this route. For older children, an option might be the so-called *spetsshkoly* (special schools) in Moscow, Petersburg, and other cities, which teach most of the curriculum in English or another foreign language. Information on such schools is most easily obtained through your contact at the host university or through personal contacts.

A Google search will yield up-to-date information on Russian and international schools in your host city.

## **WORKING IN RUSSIA**

### ***Your host institution***

For those of you who will be lecturing, you should contact your host institution and department chair to discuss your lectures and begin working on your teaching schedule. Be prepared with specific proposals and suggestions about your program – don't expect that the department will have planned a schedule for you. Someone may have taken the time to think about what you will be doing, but alternatively you may find that there is little or no initiative coming from the host institution. Familiarize yourself with the topics outlined in the nomination prepared by CIES in order to have a good understanding of what the institution expects of you.

In addition to preparing a schedule, you might prepare a set of lectures or individual presentations which could be used as "stopgap" items. Scholars have often been asked on short notice to teach or lecture on subjects for which they have not prepared. This is done not to impose on the scholar, but with the best of intentions in order to give him/her a fuller teaching load or to allow them broader access to the university community. If you can be flexible (and flexibility would be enhanced by some preparation beforehand), you'll have a better chance at feeling that you've made the most of your opportunities and done the best job you can in satisfying your hosts.

Some Fulbright scholars have felt that their Russian colleagues and the university administration did not know how best to utilize them and their talents. The ability of any institution to take full advantage of what you have to offer will vary, but it will be enhanced by your ability to be pro-active. Opening and maintaining a productive dialogue with your administration and your colleagues will do much to make your experience a successful one. While dialogue certainly cannot guarantee success by any measure, without it you can almost be assured of failure.

As is the case in many American institutions, questions of rank and hierarchy are important to the administration and faculty of Russian universities. While Americans may be conditioned to working their way up the chain of command to accomplish something, in Russia it is generally most expedient to go directly to the highest authority in your department. More often than not,

this is the individual who can get things done; those beneath him are often wary of making decisions on their own and prefer to wait for a signal from above. You will find that your chances for success will be enhanced if you take the proper stance with this individual, recognizing his authority and position.

If you find that the department chair is unable or unwilling to help, you should try going higher, to the *prorektor* (vice-president for international relations – if such an individual exists) or to the *rektor* (president) of the university. In dealing with host universities, the Fulbright Office lets it be known that their future chances to host American depend to a great extent on their ability to treat their current scholars in a fully professional way. We have tried to be as explicit as possible in stating what we expect as a minimum from the host institution, though not all institutions comply. We have also found that each new scholar brings with him/her new issues which must be addressed on a case-by-case basis.

Much of your dealing with your host institution and your Russian colleagues will be on a day-to-day basis with day-to-day issues. In this respect, the burden of problem-solving will be on your shoulders. In relation to questions of visas, housing and such, you will be working with individuals in the International department of the university, most of whom - but not all - have had experience in dealing with Fulbright scholars. When you encounter situations where you are unable to solve problems on your own, call the Fulbright Office and we'll do everything we can to turn things around. If you keep us fully informed of your difficulties, we'll be better able to help, should our help be needed.

## ***Academic life***

### **The academic year**

The academic year is standard for all institutions of higher education in Russia. Theoretically the first semester begins on September 1st (with the traditional "first bell") and ends in December with exams in January after the New Year's holidays. After a long winter break, the second semester begins in February and ends in May, with the "last bell". Exams are in June.

For scholars who plan on being in Russia for the first part of the academic year (or the whole of it), faculty generally return to their universities in late August. It is nearly impossible to get a hold of anyone during the latter part of June, all of July and most of August. It is a good idea to be in close contact with your host university prior to the start of summer and to let them know when you plan to arrive. It is possible that there will be no one on campus to meet you before late August and therefore you should plan on arriving no earlier than that. This schedule, however, allows you very little time to get adjusted and to settle in before you begin to teach. You cannot do much to change this, but knowing about it ahead of time will make it easier to deal with.

### **Teaching; students and teachers**

Lecture courses at Russian universities normally consist of one or two 90-minute lectures per week. Fulbright lecturer course loads vary and are the result of negotiations between the scholar and the host institution. Class sizes vary from large lecture classes (more than 100 students) to small seminars (5-10 students) depending on the discipline and topic. In any event, no matter how many or how few students you have, expect to experience the same problems you have with your American students as well as some uniquely Russian ones.

Russian students, for the most part, are conditioned to see the teacher as authority in the classroom, the fount of information and knowledge. The physical arrangement of Russian classrooms reinforces this; often the rooms are so small that the desks and chairs, arranged in traditional rows, barely fit and no re-arranging is possible. In some classrooms, and in large lecture hall, the desks and benches are fastened to the floor and simply cannot be moved. If you are the kind of instructor who works with students in a circle or if you need some other, non-traditional arrangement of classroom furniture, be prepared to have difficulty meeting your requirements.

In the same vein, as the teacher is the authority, the students have difficulty seeing their peers in any other role other than that of fellow student. This attitude presents a difficulty for teachers who expect student participation in classroom discussion and activities where sharing of information and experience plays a role. You will need to spend time bringing your students to a point where they will listen to each other, and then respect each other's opinions.

While the teacher may be the authority as far as knowledge is concerned, there is little in the behavior of Russian students which might suggest that they truly respect the professor's authority in the classroom. This has less to do with personal attitudes toward the teacher and more with the burden of the tradition which says that, as the only thing which matters is the grade on the final exam, there is little reason for daily attendance. Not only will you have to deal with problems of attendance (if attendance is what you demand), you may also encounter situations where your classes are interrupted by the beeping of someone's pager or the ringing of their cell phone. You will also notice that Russian students (and your fellow faculty members who may visit your classroom) think nothing of carrying on extensive conversations in what seems to be stage whispers during your presentations. While we may perceive this as rudeness, Russians seem to think otherwise.

In addition, for many teachers today, teaching is but one of a number of jobs they are holding down simultaneously simply to make ends meet. Traditionally teachers had little, if any, space where they could meet with students for consultations or do classroom preparations. Consequently, there was little habit among students to seek out instructors outside of class. Today, when teachers must dash off as soon as class is over in order to make their next job, they have no real need for such space and students still do not have well-developed needs for the consultative services of their instructors.

Exams have traditionally been oral, though Russians are experimenting more and more with written exams. You have the right to use your own testing methods and grading policies and may administer your classroom as you see fit. Common courtesy dictates that you discuss these matters with the administration to avoid problems which might be caused by any of your "unorthodox" teaching or grading principles.

One aspect of your teaching activities in Russia which may cause you some dismay is the fact that often your students will seem ill-prepared to deal with you as a visiting instructor, have little understanding of what your grant is all about and are wary of your presence or resentful of your methods. This is not always true, but if you encounter resistance and/or defensive attitudes on the part of your students, do not be surprised.

Your colleagues may not know of your presence or the reason for your appointment. More often than not you will find that you are not known to the academic community outside your department. The exception to this is usually among your colleagues who teach English. You may be perceived as a source of native speech and it is not uncommon for English teachers to send their students to your classes for language practice and not for the subject matter of your presentations. You may also be approached by colleagues who are interested in making use of

you as a resource in English. Certainly if you have no objections to this and have the time to spare, you should feel free to oblige. However, your grant was awarded to you so that you could contribute to the working of your host institution in your field of specialization. If you find that requests from your colleagues to use your talents as a native speaker of English are encroaching on your primary responsibilities, you should not hesitate to tell them as much. Some scholars have solved this problem by setting up times outside of class where they make themselves available as a linguistic resource.

Colleagues who are working on projects which coincide with your interests may suggest collaboration, or they may propose new, joint projects. Deal with these issues according to your own personal preferences; only you can know how best to use your time during your grant period. You are under no obligation to comply with requests for joint activity, if you feel it is not in your, the institution's or the Fulbright Program's best interests. If you do work with others on joint projects, the Fulbright Office and CIES would be interested in seeing your finished product, be it an article, a book or something else.

### **Facilities and Supplies (see also the section above entitled "What to bring")**

Some Russian universities have difficulty in providing support to their own faculty, let alone to foreign guest lecturers. Departments may not have even the basic equipment we take for granted at our own institutions, but, as a matter of pride, once people at an institution have agreed to host a scholar, they will go out of their way to meet your requirements to the best of their abilities. You may find that you have access to resources that your Russian colleagues do not have; you may also find that you have as little as they do.

One of the things you can almost be certain **not** to have is private office space for student consultations or for doing your own paperwork. Consultations, if they exist, take place either in an office shared by faculty members or in corridors between classes. You'll find that your paperwork is best done at home.

Be prepared to be unpleasantly surprised when you first see the physical condition of many universities, even the most prestigious ones. For the past decade, institutions have been unable to pay even basic utility bills, let alone provide funding for building maintenance or repairs. Even in the best of times, rooms were either too cold or too hot, poorly lit and not always aesthetically the most pleasing. That is certainly the case now. As in many public places, bathroom facilities in the universities are often not of the hygienic standards most Americans could consider acceptable. You will not be able to change any of this, but you can physically prepare for it by supplying yourself with everything you need, from chalk and erasers to toilet paper and soap.

The dismal state of financial affairs is reflected in faculty salaries, which can range from as low as 100 to as high as 300 dollars a month and as in other areas, faculty and students may go for long periods of time without receiving salaries and stipends. You'll probably hear a lot about this during your stay.

You'll want to fit in with your colleagues, to share their academic lives and their experiences and to offer some of your own. You'll be able to do that and more, but you may find that it won't be easy. Knowing this ahead of time may ease some of the frustration you will experience.



## USEFUL TELEPHONE NUMBERS AND OTHER INFORMATION

The list of stores, restaurants, travel agencies, business centers, etc. and their telephone numbers is now so long that it doesn't make sense to reprint it here. All that and more, is readily available in the information guides we've been referring to throughout this handbook. An excellent source that is available both in print and on-line is the *Moscow Business Telephone Guide* <http://www.mbtg.ru/> For your convenience, here are a few numbers which might be useful to have handy.

For emergency telephone numbers of the major medical facilities in Moscow and St. Petersburg, see the section on **MEDICAL CARE** above. Remember: **03** is the Russian equivalent of "911" for emergency medical service. Be prepared to speak Russian though, and make sure you know the exact street address and apartment number to direct the ambulance to. Other emergency numbers which are good to know are:

<b>FIRE</b>	<b>01</b>
<b>POLICIA</b>	<b>02</b>
<b>"911"</b>	<b>03</b>

**SOS call from a cell phone 112 (for any type emergency)**

For calls to Russia from the US, the country code for Russia is 7. The city codes for Moscow are (495) and (499); for Petersburg: (812); for Yekaterinburg: (3432); for Vladivostok: (4232). To call Russia direct from the US, dial 011 and follow with the country code, city code and number. Note that if you are dialing a cell phone in Russia from the United States or another country, you will often need to replace the initial '8' with a '7' (the country code for Russia). Likewise, if you are dialing from a Russian cell phone to another number in Russia, you may need to replace the '7' for the country code with an '8' (in cases where you need to call between cities and to use the city code).

### **Fulbright Office**

Tverskoy bulvar, d. 14, str. 1, 4 floor  
Moskva 125009  
Hours: 9:30 am to 6:00 pm

tel. **935-8353**  
fax. **937-5418**  
e-mail: [info@fulbright.ru](mailto:info@fulbright.ru)

**American Citizens' Services** **728-5577**

**American Embassy Switchboard** **728-5000**  
(ask for officers/assistants by name or extension)

Public Affairs (PAS) (M-F 9 to 6) **ext. 5242**

PAS Assistant Cultural Attaché **ext. 5841**

PAS Cultural Assistant **ext. 5242 or 4927**

**US Embassy after hours EMERGENCY** **728-59-90**

**American Center Moscow** **777-65-30**  
(Library of Foreign Literature)  
Kore Gleason, Director

**PAS St. Petersburg**

Naberezhnaya Reki Moyki, 36  
"Severnaya Stolitsa" Business Center, 4th floor  
St. Petersburg 191186, Russia  
Tel +7 (812) 336-7760, fax: 336-7766  
Tatyana Kosmynina, Cultural Assistant

#### **PAS Vladivostok**

Ulitsa Pushkinskaya 32, Vladivostok 690001  
+7 (4232) 30-00-70, fax: 30-00-95  
Tatiana Sidorova, Cultural Assistant

#### **PAS Yekaterinburg**

Ulitsa Gogolya 15A, 4th floor Yekaterinburg 620151  
+7 (343) 379-47-60; fax: 379-47-60  
*Branch Public Affairs Officer:* Kimberly Williams  
Yuliya Grigor'eva, Assistant for Education and Culture

#### **Moscow Fulbright Office 2013 Holiday Schedule**

September 2	Labor Day (US)
October 14	Columbus Day (US)
November 4	Unity Day (Rus)
November 28	Thanksgiving (US)
December 24-25	Christmas Eve and Christmas Day (US)
December 31	New Year's Eve (Rus)

#### **Moscow Fulbright Office 2014 Holiday Schedule**

January 1-8	New Year and Orthodox Christmas days (Rus)
January 20	Martin Luther King Day (US)
February 17	President's Day (US)
March 10	International Women's Day (Rus)
May 1-4	May Day (Rus)
May 9	Victory Day (Rus)
May 27	Memorial Day (US)
June 12	Russian Independence Day (Rus)
July 4	Independence Day (US)

Please note that the government has a tendency to exchange weekend days for work days that fall immediately after a holiday in order to create a single block of time off; these are called "bridge holidays". Unfortunately, however, the decision about whether or not a "bridge holiday" will take place tends to be made public right beforehand, so as of this writing (June 2012), it is not yet possible to say whether there will be any "bridge holidays" during the 2012-13 academic year.

#### **Car rental in Moscow**

1. Budget Rent-A-Car of Moscow 931-97-00  
[www.budgetrentacar.com](http://www.budgetrentacar.com)  
<https://www.budget.com/budgetWeb/locationsearch/location.ex>

- |    |  |           |
|----|--|-----------|
| 2. | Hertz Rent-A-Car   | 937-32-74 |
|    | e-mail: <a href="mailto:hertz.mos@co.ru">hertz.mos@co.ru</a> |           |
|    | <a href="http://www.hertz.com">www.hertz.com</a>             |           |
| 3. | Taxi agency  | 956-8-956 |

Do an Internet search for additional listings.

## **HOTELS IN MOSCOW AND ST. PETERSBURG**

It is now quite easy to find a hotel in Moscow and St. Petersburg online by simply doing a search for hotels in Moscow (or St. Petersburg). In Moscow, you will find that there is relatively great choice at the luxury end but that mid-range hotels are still fairly pricey (though the addition of numerous Holiday Inn hotels, the Novotel, and other chains do provide some occasional deals. In St. Petersburg, mini-hotels provide comfortable, affordable accommodation. You can find a list of them at [www.cityrealtyrussia.com](http://www.cityrealtyrussia.com). This agency can also help if you want to rent an apartment for a few nights rather than staying in a hotel.

### ***A note on Internet providers***

Access to the Internet is becoming increasingly widespread across Russia. Many of your university colleagues will at least use e-mail, either at work (where demand far outstrips supply, meaning long waits and slow connection speeds) or at home (where poor line quality and / or a monopolistic pricing structure will be the main limitations). Unlimited Internet access for a flat fee of, say, \$19.95 per month is still uncommon in many areas of Russia: expect hourly charges that are more expensive during the day, and don't be surprised if there's a surcharge for a given amount of traffic. You should be able to find affordable unlimited Internet in both Moscow and St. Petersburg.

### **Moscow**

Internet access in Moscow has become easier to get and less expensive. Do a search for an up-to-date list of providers and rates or check the following websites:

<http://www.rol.ru/>

<http://www.mtu-intel.ru/>

<http://www.goldentelecom.ru/>

<http://www.mos.net/>

<http://akado.ru/>

## **St. Petersburg**

Do a search for an up-to-date list of Internet providers and rates or check the following websites:

<http://www.peterlink.ru/>

<http://www.delfa.net>

<http://www.peterhost.ru/>

<http://www.komintel.ru/>

## **The Regions**

Check with your host institution after your arrival to learn which Internet options are available.

## **American Centers/Corners and Education USA Advising Centers**

In addition to finding books in English, you are sure to find many who are happy to have the chance to interact with an American. If you would be willing to give a talk or if you would like to join in film nights, celebrations of American holidays and such, be sure to let your closest American Center/Corner know your coordinates. The American Corners program in Russia is a unique partnership between the American Embassy and roughly 30 public libraries around Russia, making information about the United States available to visitors. The Embassy stocks a dedicated area of the host library with print and audio-visual materials about the United States as well as audio-visual and computer equipment. At the website of the Association of American Centers and Corners - <http://amcorners.ru/> - you'll find a lot of useful and regularly updated contact information.

The [U.S. Department of State, Bureau of Educational and Cultural Affairs](#) has a network of Regional Educational Advising Coordinators (REACs) who act as resources for educational advisers in every geographic region. REACs encourage communication and networking among EducationUSA advising centers, act as a liaison for the area with the [Educational Information and Resources Branch \(ECA/A/S/A\)](#), and maintain contacts with U.S. colleges, universities, and organizations involved in international educational exchange.

The list of Education USA Advising Centers in Russia is available and updated on a regular basis at the website <http://reac.useic.ru/?page=638>

### a. Conversions for Weights and Measures

1 gram	.03 ounce
1 kilogram	2.2 pounds
1 liter	1.76 pints
1 sq cm	.15 sq inch
1 sq meter	1.19 sq yards
1 meter	1.09 yards
1 kilometer	.6 mile

1 ounce	28.3 grams
1 pound	.45 kilograms
1 pint	.47 liter
1 gallon	3.7 liters
1 sq inch	6.45 cm
1 sq yard	.83 sq meter
1 yard	.9 meters
1 mile	1.6 kilometers

**(It will be glued into your US passport by a Russian consular official)**





c. A sample of an Official Russian Visa Invitation:

<b>ПРИГЛАШЕНИЕ</b> № 2Y9831811			
на въезд в Российскую Федерацию			
Вид визы	въездная	Кратность визы	однократная
Гражданство	США		
Государство постоянного проживания	США		
Въезд с	18.07.03	по	18.10.03 На срок (дней) 090
Фамилия	РОСЛОФ/ROSLOF		
Имя, отчество (имена)	ЭДВАРД / EDWARD E		
		Пол	муж
Дата, страна и регион рождения			
Номер и дата выдачи паспорта			
Цель поездки	Иностранный		
Приглашающая организация и ее адрес (ф., и., о. и адрес приглашающего лица)			
ГОСУДАР.РЕГИСТРАЦ.ПАЛАТА			
СМОЛЕНСКИЙ БУЛЬВ. д.3 кор.5			
Маршрут (пункты посещения)	МОСКВА САНКТ ПЕТЕРБУРГ		
Следует с детьми (до 16 лет)			
Дополнительные сведения			
Приглашение действительно до 18.10.2003			
Орган, оформивший приглашение:			
ГУВД 668			
Подпись должностного лица			
ПВС-2 0744529		Дата	11.07.2003

